HEINZ
BOOK of SALADS

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FRUIT GINGER ALE SALAD, PAGE 62

THE HEINZ BOOK OF SALADS

H. J. HEINZ CO. PITTSBURGH, U.S.A.

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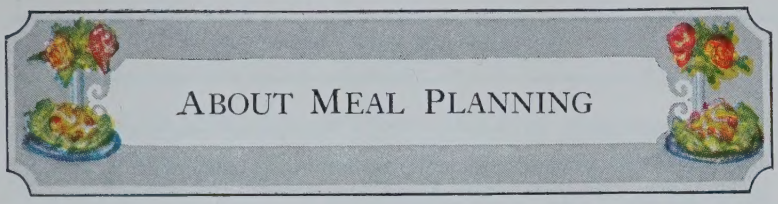
EXPLANATORY NOTES

All measurements are level and call for the standard measuring cup and spoons.

In the salad dressing recipes Heinz Pure Malt Vinegar, Heinz Pure Cider Vinegar or Heinz Distilled White Vinegar may be used.

These recipes are planned to make five or six servings.

"To marinate" means to mix the ingredients in French Dressing until every portion of them is well coated.



About Meal Planning

EVERY day salads are becoming better appreciated in American homes, though not all of us are yet up to the excellent French habit of a salad with at least one meal out of three.

But the salad really should be as much of a staple article of diet as meat or pie, for the American diet needs the diversification and lightening that a salad gives.

Salads range all the way from the substantial dish that is practically a meal, such as chicken or lobster salad, to light, appetizing mixtures of fresh green vegetables and fruits, such as lettuce, celery, cucumbers, tomatoes, apples and oranges.

Salad dressings fall mainly into three large classes, Mayonnaise, French Dressings, and Cooked Dressings. The interest of salads is heightened not only by the vast number of materials available, including fish, flesh and fowl, as well as vegetables, both raw and cooked, and most fruits, but also by the great variety of flavors and condiments which may be added to the foundation dressings, producing a new flavor and practically a different salad.

This book is particularly intended to suggest to the housewife the large number of appetizing salads that can be prepared on short notice, very frequently from left-overs, which will have all the happy effect of a specially planned addition to the menu. The generous use of salads in this way not only simplifies cookery and makes the menu attractive, but it will actually result in supplying important substances—such as cellulose, vitamines, and mineral salts —in which our diet is too often deficient. And it is always to

be remembered, of course, that the salad endows parties with just the correct little touch of formality which marks them off as being special occasions.

The success of a salad depends almost altogether upon the salad dressing; the success of the salad dressing almost altogether upon the purity and flavor of the condiments used. The purpose of a salad dressing is to heighten and bring out the taste of neutral vegetables. Therefore, the condiments must have a delicate fragrance and flavor themselves. That happens only when they are in the finest condition. It is truthfully said of good vinegar, for instance, that it makes a hundred other things good; so the healthfulness of this important salad ingredient is of great importance—so much so, in fact, that a special chapter on vinegar has been written (page 78). The same is true of olive oil, which is itself a singularly valuable and delicious food. Very little of a condiment is used in making a dressing—the difference in cost between the poorest and the best, in a single dressing, is slight, so there is no reason why the housewife should ever be content with anything but the best.

The interest of H. J. Heinz Company in salads is easily explained. We make the two ingredients essential to most salads—vinegar and olive oil. Our own standards of purity and wholesomeness are indicated in our recommendation in a preceding paragraph—that the housewife use only the best elements for the salads that she can get.

There are four Heinz Vinegars you should know—Heinz Cider Vinegar, made from the juice of the best cider apples; Heinz Malt Vinegar, a distinctive vinegar brewed from malted barley; Heinz White Vinegar, distilled into a delicately-flavored colorless vinegar from corn, rye, and barley malt; and Heinz Tarragon Vinegar, containing a remarkably pleasing infusion of tarragon, a pungent, aromatic garden herb. All Heinz Vinegars receive the aging and maturing necessary to bring them to a mellow perfection.

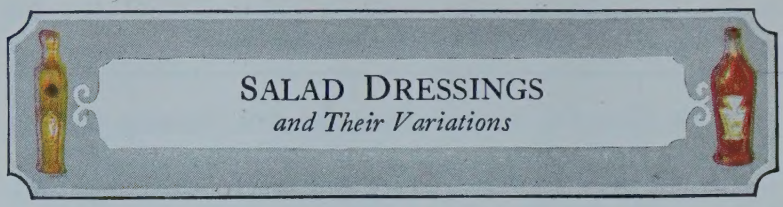
Heinz Olive Oil is made from the *first* pressing only of selected olives grown under ideal conditions near Seville, Spain. All the fragrance and fruity flavor of the olive itself is retained in the oil packed by H. J. Heinz Company, since only the virgin oil, which is the first light pressing of the olive, is pressed out.

There are also among the 57 Varieties many other condiments and relishes which give to the salad dressing a piquancy or flavor that it would not otherwise have, such as Chili Sauce, Tomato Ketchup, Mustard, India Relish, Pepper Sauce, etc. A housewife whose pantry is supplied with a stock of these varieties can make a different salad every day for months.

This book contains one hundred salad recipes. They are not difficult to make. Some of them are absurdly easy. All have been tried and are vouched for by our own experiment department.

You will find that the plan of the work is to describe the preparation of the ingredients of the salad up to the point of adding the dressing, and then you refer to the foundation dressing recipes preceding the recipes proper, indicating the variation for the specific dressing that is recommended.

It is hoped that this book will be a source of happy inspiration to the busy housewife in search of a menu. And so it is presented to the housewives of the world with the best wishes of H. J. Heinz Company.



FRENCH DRESSING

Foundation Recipe

1 TEASPOON SALT
1 TEASPOON SUGAR
¼ TEASPOON PAPRIKA
3 TABLESPOONS HEINZ PURE VINEGAR
¾ CUP HEINZ PURE OLIVE OIL

MIX the salt, sugar and paprika together. Add vinegar and oil and beat thoroughly, *or* put all the ingredients into a glass jar, screw top on tightly and shake thoroughly.

NOTE: Plain French Dressing is the only dressing in which we *marinate* salads. "To marinate" means to mix the ingredients in French Dressing until every portion of them is well coated.

For delicious variations of French Dressing see opposite page

ANCHOVY DRESSING—To foundation recipe add 2 tablespoons chopped anchovies.

CHIFFONADE DRESSING—To foundation recipe add 2 tablespoons chopped parsley, 2 teaspoons chopped onion, 1 hard cooked egg, chopped, and ¼ cup chopped cooked beets well drained.

CHUTNEY DRESSING—To foundation recipe add ¼ cup finely chopped Chutney and mix thoroughly.

CURRY DRESSING—To foundation recipe add ⅛ teaspoon Curry Powder and 2 hard cooked egg yolks pressed through a sieve. Mix thoroughly.

KETCHUP DRESSING—To foundation recipe add ¼ cup Heinz Tomato Ketchup and mix thoroughly.

PARISIAN DRESSING—To foundation recipe add 2 tablespoons chopped green pepper, 2 tablespoons chopped red pepper, 2 tablespoons chopped celery, ½ tablespoon chopped onion and ½ tablespoon chopped parsley. Mix thoroughly.

PIQUANTE DRESSING—To foundation recipe add ½ teaspoon mustard, ⅛ teaspoon Heinz Worcestershire Sauce, ½ teaspoon onion juice and 2 drops Tabasco Sauce. Mix thoroughly.

ROQUEFORT CHEESE DRESSING—To foundation recipe for French Dressing, add 4 tablespoons Roquefort cheese, crumbled, and mix thoroughly.

SPINOSA DRESSING—To foundation recipe add 2 tablespoons capers, 1 tablespoon Heinz Stuffed Olives, chopped, and 1 teaspoon chopped parsley. Mix thoroughly.

SUMMER DRESSING—In foundation recipe use 1 tablespoon less of vinegar and add 3 tablespoons pineapple juice, 3 tablespoons orange juice and 1 teaspoon sugar.

TARRAGON DRESSING—In foundation recipe use Heinz Tarragon Vinegar for this dressing and add 1 hard cooked egg, chopped very fine.

MAYONNAISE DRESSING

Foundation Recipe

½ TEASPOON MUSTARD
½ TEASPOON SALT
⅛ TEASPOON PEPPER
⅛ TEASPOON PAPRIKA
1 EGG YOLK
2 TABLESPOONS HEINZ PURE VINEGAR
1 CUP HEINZ PURE OLIVE OIL

MIX the mustard, salt, pepper and paprika. Add egg yolk and mix well. Add one tablespoon vinegar. Add the oil gradually, beating constantly with an egg beater or silver fork. As mixture thickens, add remainder of vinegar.

For delicious variations of Mayonnaise Dressing see opposite page

VARIATIONS OF MAYONNAISE DRESSING

CELERY DRESSING—To foundation recipe for Mayonnaise Dressing, add ¼ cup finely chopped celery and 2 tablespoons chopped green pepper.

CLUB DRESSING—To foundation recipe add 2 tablespoons chopped currants, 2 tablespoons chopped raisins and 1 tablespoon chopped nuts.

DIFFERENT DRESSING—To foundation recipe add 1 chopped hard cooked egg, 1 tablespoon chopped pimiento and 2 tablespoons Heinz India Relish.

FRUIT SALAD DRESSING—To foundation recipe add ½ cup whipped cream. Fold in lightly.

HORSERADISH DRESSING—To foundation recipe add 2 tablespoons Heinz Evaporated Horseradish mixed with 4 tablespoons cold water.

INDIAN DRESSING—To foundation recipe add ¼ cup Heinz Chow-chow Pickle, chopped.

RUSSIAN DRESSING—To foundation recipe add ½ cup Heinz Chili Sauce.

SNAPPY DRESSING—To foundation recipe add 4 tablespoons Heinz Tomato Ketchup, 1 tablepoon Heinz Worcestershire Sauce and 2 drops Tabasco Sauce.

TARTAR DRESSING—To foundation recipe add 3 tablespoons chopped Heinz Sour Gherkins, 1 tablespoon capers, 1 tablespoon chopped parsley and 2 tablespoons Heinz Stuffed Olives, chopped. If preferred, Heinz Sweet Mixed Pickles may be used instead of the Sour Gherkins.

THOUSAND ISLAND DRESSING—To foundation recipe add ¼ cup Heinz Chili Sauce, 2 tablespoons chopped green pepper and 2 tablespoons Heinz Stuffed Olives, chopped.

COOKED SALAD DRESSING

Foundation Recipe

1 TEASPOON MUSTARD
1 TEASPOON SALT
1 TEASPOON SUGAR
2 TABLESPOONS FLOUR
1/8 TEASPOON PAPRIKA
1 EGG
3/4 CUP MILK
1/4 CUP HEINZ PURE VINEGAR
1 TABLESPOON BUTTER

MIX mustard, salt, sugar, flour and paprika together. Add well beaten egg and mix until smooth. Add milk and vinegar and cook over hot water until thick, stirring constantly. Remove from fire, add butter and cool.

NOTE: Sour milk may be used in place of sweet milk.

For delicious variations of Cooked Salad Dressing see opposite page

FLUFFY DRESSING—When making foundation recipe separate the egg, use the yolk as directed, and lastly fold in the stiffly beaten egg white after dressing is cooked and cool.

HAWAIIAN DRESSING—To foundation recipe, when cool, add 3 tablespoons orange juice and 3 tablespoons pineapple juice.

PIMOLO DRESSING—To foundation recipe, when cool, add 1 finely chopped hard cooked egg, 1 chopped pimiento, and 1 tablespoon chopped dill pickle.

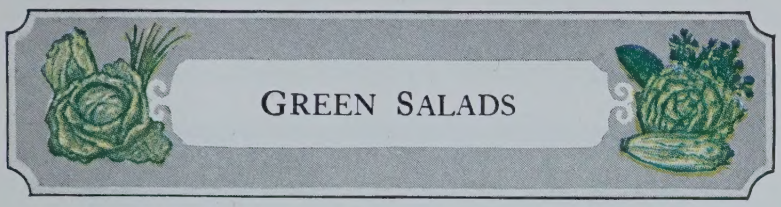
SAVORY DRESSING—To foundation recipe for Cooked Salad Dressing, when cool, add ¼ cup Heinz India Relish.

WHIPPED CREAM DRESSING—Fold into the foundation recipe, when cool, ¾ cup whipped cream.

A SALAD

Oh, green and glorious! Oh, herbaceous treat!
'Twould tempt a dying anchorite to eat:
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad bowl!
Serenely full, the epicure would say
Fate cannot harm me, I have dined today.

SYDNEY SMITH
1771-1845



GREEN SALADS

NUTRITION experts tell us that we should include in our diet at least one fresh raw vegetable each day. Two, they say, are even better. The famous biologist, Dr. E. V. McCollum of Johns Hopkins University, declares that "the importance of raw, leafy vegetables as supplements to the typical American diet of meat, bread and potatoes cannot be overestimated, and one or another of them should appear on the menu of *every family every day*."

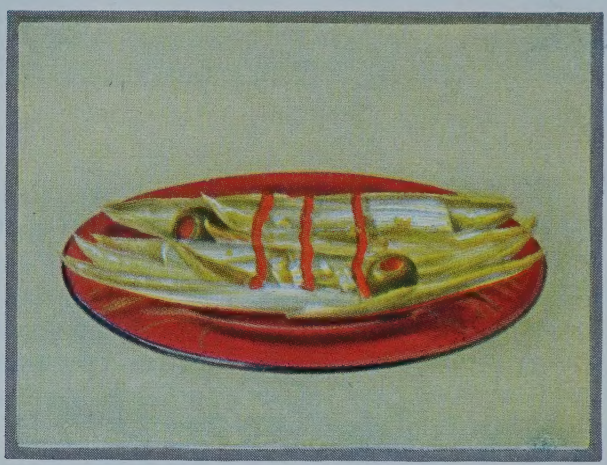
The reason for this need is easily explained. Only fresh fruits and raw vegetables furnish certain vitamines essential to good health. When we eat salads we obtain these all-important vitamines. Some mineral matter also is in all fresh salads, and this food element makes for better blood and stronger bones.

Even the plainest salads become delicious foods when served with a good dressing. Pure olive oil and mellow, fragrant vinegar are the indispensable ingredients. By using Heinz Products you will be absolutely safeguarded against failure and your salad course will probably become the most popular part of the menu.

LETTUCE SALAD

LETTUCE, like all salad greens, should be served very fresh and crisp. Separate the leaves, wash in cold water, drain, and place in clean towel or cheese-cloth bag. Put in cool place, preferably on ice, until ready to serve. As the outside leaves are not attractive to serve whole, they may be shredded and used as the foundation for more fancy salads.

When lettuce is to be served as "hearts of lettuce" salad,



ENDIVE SALAD

select a very solid head. Cut into sections, usually quarters, and soak in ice cold water until chilled. Before serving, shake carefully to remove water.

Lettuce should be dressed at the table or immediately before serving as it becomes limp and wilted soon after the dressing is added. The French, who are experts in salad making, say "each leaf should glisten with oil." This suggestion may be followed in applying French Dressing though care should be taken not to use so much that it will collect in the bottom of the salad bowl.

Hearts of lettuce are most frequently served with Roquefort Dressing (page 13) or Russian Dressing (page 15). Plain lettuce is served with French Dressing (page 12), or Mayonnaise Dressing (page 14), or with any of their variations.

The most easily obtainable of all salad greens

ROMAINE SALAD

ROMAINE is slightly coarser than lettuce but it may be just as crisp and tender and just as attractively served. Select rather small heads as the Romaine will have

a more delicate flavor and there will be less waste. The long stalky leaves are difficult to serve unless shredded. Shredded Romaine, however, is delicious, if fresh and crisp, so save outside leaves for the foundation of another salad.

Prepare Romaine in same way as lettuce and serve with one of the following dressings: Chiffonade Dressing (page 13), Roquefort Dressing (page 13), or French Dressing (page 12).

When young and tender makes a nice change
from the more common lettuce

ENDIVE SALAD

THE French Endive, which we know best, grows very much like a stalk of celery without the leafy top and is considered a great delicacy. Its slightly bitter taste is particularly refreshing in salads. It may be obtained throughout most of the year and although more expensive to buy than most salad plants there is no waste to it as every leaf can be used.

To prepare endive for the table separate the stalks, wash and allow to stand in cold water. Arrange on salad plates and serve with Tarragon Dressing (page 13). Garnish with strips of pimiento or green pepper or Heinz Stuffed Olives.

A luxury—especially nice for a company dinner

WATERCRESS SALAD

WATERCRESS, whose dark green color and pungent flavor are so stimulating to the appetite, grows along the cool banks of streams. In some localities it may be had for the picking. It requires care in cleaning because of its small leaves and many stems to which the sand clings.

Pick over cress, carefully cutting off coarse stems, and wash thoroughly. Chill in ice water and shake as dry as possible before serving. Pile lightly in salad bowl and serve with French Dressing (page 12) or Tarragon Dressing (page 13).

Because of its spicy flavor is good with a heavy meal

CHICORY SALAD

CHICORY belongs to the endive family. It grows like a loose head of lettuce and its leaves are curly and deeply cut out. It is very decorative and combines well with other greens. Used as the foundation for a chopped cabbage or watercress salad it is particularly refreshing.

The leaves of chicory should be separated, carefully washed, drained and put in the ice box in a clean towel or cheese-cloth bag to become crisp. Arrange on salad plates and serve with Piquante Dressing (page 13).

Chicory may also be used just as you would use lettuce for the foundation of one of the more hearty salads.

The crisp, curly leaves of chicory are very attractive

DANDELION SALAD

SELECT the young tender leaves of dandelion, wash carefully, drain and put in the ice box in a cheese-cloth bag to become crisp. Pile lightly on salad plates and serve with Tarragon Dressing (page 13).

Dandelion may also be used as the foundation for other vegetable salads.

There is nothing better than this for a spring tonic

ESCAROLE SALAD

ESCAROLE grows in a loose head resembling chicory. Its leaves, however, are broader, coarser and not as deeply cut out. It is less tender than most of the salad greens and therefore not as often seen in the markets.

Separate the leaves, wash thoroughly, drain and chill. Arrange in salad bowl. Chop two hard cooked eggs and sprinkle over leaves. Serve with French Dressing (page 12).

Just for a change from the more common salad greens

CABBAGE SALAD

CABBAGE SALAD

CABBAGE, resembling lettuce in form of growth, has a stronger flavor and a more tightly formed head. In past years it was considered a rather plebeian vegetable when served cooked, but nowadays in its raw state it takes an honored place among green salads because it is known to be digestible and rich in vitamines.

To prepare cabbage for salad, select a small firm head and remove the outside leaves. Cut head in halves and with a sharp knife cut off very thin slices until the desired amount has been obtained. Let stand in cold water one-half hour, drain, put in clean towel or lettuce bag and place on ice till ready to use. Serve with Chiffonade Dressing (page 13).

A new way to serve this salad is to remove the center of the cabbage leaving the outside shell. Shred or chop the inner leaves and moisten with Cooked Salad Dressing (page 16). Refill the cabbage shell and decorate with strips of pimiento. Place on chop plate or platter and garnish with watercress. This makes a very attractive salad to be served at the table by the hostess.

The most economical of all green salads

LETTUCE AND WATERCRESS SALAD

LETTUCE AND WATERCRESS SALAD

A COOL, refreshing summer salad may be made by combining two fresh crisp salad greens. Lettuce and watercress make an especially attractive combination.

Separate leaves of lettuce, wash thoroughly and chill. Use the outer leaves, shredded, as a bed for the tender sprays of watercress or make a nest of the small lettuce leaves and fill with watercress which has been slightly chopped. A garnish of thin slices of cucumber and radish roses adds to the attractiveness of this salad. Serve with French Dressing (page 12) or Summer Dressing (page 13).

For warm weather or with a heavy meal this salad is as nice as it looks

LETTUCE AND CHICORY SALAD

SEPARATE leaves of lettuce, wash thoroughly and chill. Separate leaves of chicory, wash and chill. Shred the green outside leaves of lettuce and arrange on bed of crisp chicory leaves. Garnish with pickled beets cut in fancy shapes. Serve with Curry Dressing (page 13).

Unusual, and so easy to prepare

WATERCRESS AND DANDELION SALAD

SELECT tender sprays of watercress. Wash them thoroughly and cut off the coarse stems. Chill in ice water. Wash tender young dandelion greens, drain and place in the ice box in a cheese-cloth bag to become crisp. Make a bed of the dandelions and pile the cress lightly in the center. Garnish with strips of red and green pepper and serve with Thousand Island Dressing (page 15).

A refreshing combination of crisp cool greens

ROMAINE AND ENDIVE SALAD

THE long and tender leaves of Romaine make an effective bed for stalks of crisp endive.

Separate leaves of Romaine; wash thoroughly; chill. Separate stalks of endive and stand in ice water to become crisp. Lay three or four stalks lengthwise on a leaf of Romaine. Garnish with strips of red or green pepper and serve with French Dressing (page 12) or Tarragon Dressing (page 13).

For a more hearty salad mix equal quantities of chopped celery and chopped green pepper with a little Mayonnaise Dressing (page 14) to hold them together. Fill the stalks of endive with this mixture and lay on the Romaine leaves. This may be served with French Dressing or any desired variation.

In great demand at smart hotels

COOKED LETTUCE SALAD

CLEAN the large green leaves of lettuce and cook in boiling salted water until tender. Drain water off, pressing leaves in a sieve with back of spoon. Chop fine, cool and mix well with French Dressing (page 12). Chill thoroughly. Arrange in nests of crisp lettuce leaves. Garnish with slices of beets and asparagus tips. Serve with Different Dressing (page 15).

No waste to a head of lettuce used this way

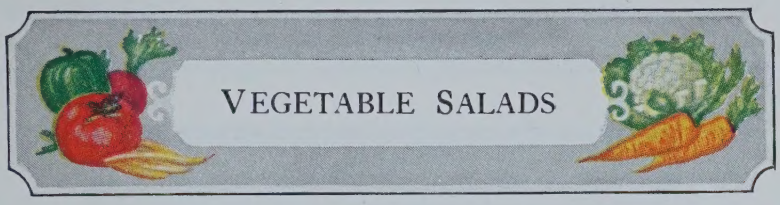
GRATED CARROT SALAD

GRATED CARROT SALAD

SINCE the recent discovery of vitamines—those elements of food so essential to health—careful housewives are making an effort to include them in the diet of their families every day. Green salads are the easiest and most delicious means of getting these vitamines into our menus but at some times and in some places it is difficult to procure the fresh green salad plants that are so rich in them.

Here is another way to get your vitamines: Wash and scrape carrots—young or old ones—and allow to stand in ice cold water for an hour. Drain, dry and then grate them. Serve cold, well mixed with French Dressing (page 12). Usually some bit of green, such as cabbage leaf or celery tops, can be obtained for a garnish when other greens are lacking. When this cannot be done, serve as a relish, allowing a generous portion for each person.

A boon when salad greens are unobtainable



VEGETABLE SALADS

WHEN fresh crisp salad greens are combined with a cooked or an uncooked vegetable some of the most wholesome and appetizing salads result. If fresh vegetables are not in season there are excellent canned ones which serve the purpose just as well.

With an "emergency shelf" in your pantry you can make many happy salad combinations and you need never feel dismayed at the unexpected guest. Small amounts of vegetables left over from dinner may be utilized the next day if the butter is washed off with boiling water; the vegetables are then chilled and marinated in French Dressing.

As a rule these salads are best when served with French Dressing or one of its variations but there are exceptions, of course, and clear directions about them will be found in the following recipes.

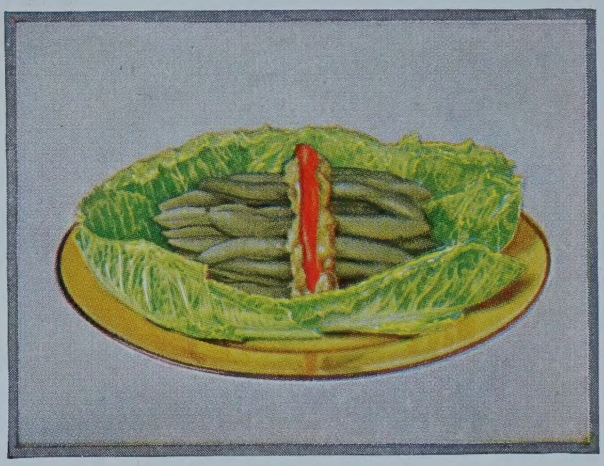
A vegetable salad of one kind or another is suitable for luncheon, dinner or supper, or for party refreshments.

ASCOT SALAD

6 MEDIUM SIZED WHITE TURNIPS
1 CUP DICED COOKED CARROTS
1 CUP CHOPPED CELERY
1 TABLESPOON CHOPPED PARSLEY

PEEL turnips and cook in boiling salted water until tender. Cool. Scoop out a small portion from the center of each turnip and cut in small pieces. Marinate the whole turnips in French Dressing and chill. Mix the cut-up turnips, carrots and celery. Marinate and chill. Fill the centers of the turnips with the vegetable mixture. Arrange on crisp leaves of lettuce or Romaine and sprinkle with parsley. Serve with French Dressing (page 12).

Practical, delicious and economical



STRING BEAN SALAD

ASPARAGUS SALAD

DRAIN the liquid from one can of asparagus tips. Marinate (mix well) in French Dressing (page 12) and chill. Slip four or five asparagus tips through a ring cut from a red or green pepper or lay a strip of pimiento across them. Arrange on crisp lettuce leaves and serve with Ketchup Dressing (page 13).

When fresh asparagus is in season it is delicious cooked and served in this way.

Zest is given this delicate salad by the special dressing

BEAN SALAD

2 CUPS HEINZ BAKED BEANS, BOSTON STYLE
1 CUP CELERY, CUT IN PIECES
½ TEASPOON SALT
⅛ TEASPOON PAPRIKA

PUT baked beans in a strainer and pour boiling water over them. Cool. Mix beans, celery, salt and paprika and marinate (mix well) in French Dressing (page 12). Chill. Arrange in nests of crisp lettuce leaves and garnish with radish roses. Serve with Russian Dressing (page 15).

For a cold weather meal

KIDNEY BEAN SALAD

2 CUPS HEINZ BAKED RED KIDNEY BEANS
1 CUP CELERY, CUT IN PIECES
2 TABLESPOONS HEINZ MIDGET GHERKINS, CHOPPED
½ TEASPOON SALT

PUT kidney beans in a strainer and pour boiling water over them. Cool. Mix with celery, chopped gherkins and salt. Marinate (mix well) in French Dressing (page 12) and let stand in ice box until chilled. Arrange in nests of lettuce leaves and serve with Mayonnaise Dressing (page 14).

A substantial salad for luncheon or supper

LIMA BEAN SALAD

SHELL two quarts of lima beans and cook in boiling salted water until tender. Drain well and cool. Marinate (mix well) in French Dressing (page 12) and chill thoroughly. Arrange in nests of crisp lettuce leaves and garnish with strips of pimiento. Serve with Russian Dressing (page 15). Canned lima beans may be used in this recipe.

Considered by many to be the most appetizing of lima recipes

STRING BEAN SALAD

WASH and string two quarts of young string beans and cook them whole in boiling salted water until tender. Drain off water and cool. Marinate (mix well) in French Dressing (page 12) and chill thoroughly. Arrange in piles on small tender leaves of Romaine, holding them together with rings of pimiento. Serve with Indian Dressing (page 15). Canned beans may be used in this recipe.

Delicious to serve at dinner

BEET SALAD

BEET SALAD

SELECT beets of medium size and boil until very tender. Peel and set aside to cool. Slice, marinate (mix well) in French Dressing (page 12) and place in ice box to chill. Arrange on crisp lettuce leaves and serve with Horseradish Dressing (page 15) or Snappy Dressing (page 15). Garnish with curled celery. Canned beets may be used in this recipe.

Serve when the other foods of a meal lack color

BEET AND MACARONI SALAD

3 CUPS COOKED MACARONI
1 CUP COOKED BEETS, CUT IN CUBES
1 TEASPOON SALT
¾ TEASPOON HEINZ EVAPORATED HORSERADISH

TO cook the macaroni, boil in salted water until tender. Turn it into a colander and let cold water run over it, so that it will not be starchy. Drain well. Marinate (mix well) separately the macaroni and beets in French Dressing (page 12) and put in the ice box to chill thoroughly. Mix together immediately before serving, add salt and the

horseradish which has been soaked for ten minutes in a little cold water. Arrange in nests of crisp lettuce leaves, garnish with beets cut in fancy shapes and serve with Mayonnaise Dressing (page 14).

The recipe may be varied by using 1 cup minced ham instead of the beets.

A salad that men like

CABBAGE AND PEANUT SALAD

1 SMALL HEAD CABBAGE
¾ CUP CHOPPED PEANUTS
1 TEASPOON SALT
⅛ TEASPOON PAPRIKA

DISCARD outside leaves of cabbage and cut head in quarters. Let stand in ice water until crisp. Drain and chop. Mix with peanuts and add salt and paprika. Serve with Cooked Salad Dressing (page 16) or Mayonnaise Dressing (page 14) and garnish with strips of pimiento.

The homemaker's standby, to be obtained any time, any where

CAULIFLOWER SALAD

COOK cauliflower in boiling salted water until tender. Drain, separate into pieces and cool. Marinate (mix well) in Tarragon Dressing (page 13) and chill thoroughly. Arrange on shredded lettuce and sprinkle grated American cheese over it. Serve with extra Tarragon Dressing.

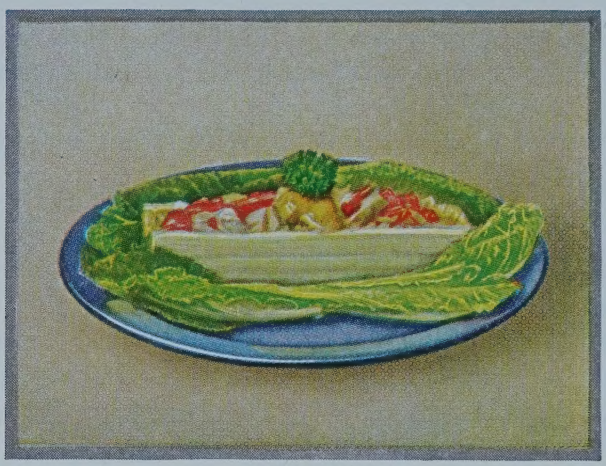
Add this to your winter salad repertory

CUCUMBER SALAD

PEEL cucumbers and remove a rather thick slice from the ends. Let stand in cold water until fresh and crisp. When ready to serve score lengthwise with prongs of a fork to make a fancy edge. Cut in very thin slices. Arrange on crisp lettuce or Romaine and garnish with slices of tomato.

Serve with Chiffonade Dressing (page 13) or French Dressing (page 12) prepared in a bowl which has been rubbed with garlic.

Crisp and appetizing in warm weather



CUCUMBER BOAT SALAD

CUCUMBER BOAT SALAD

3 CUCUMBERS
2 TOMATOES
½ CUP CHOPPED CELERY
1 TEASPOON SALT
⅛ TEASPOON PEPPER
1 TABLESPOON CHOPPED ONION

CHILL cucumbers and tomatoes. Peel the cucumbers and cut in halves lengthwise. Remove pulp from centers being careful not to break the outside. Peel tomatoes, cut in cubes and drain off juice. Mix the cucumber pulp, tomatoes, celery, salt, pepper and onion and moisten with Mayonnaise Dressing. Fill the cucumber halves with this mixture and arrange on crisp leaves of Romaine or lettuce. Garnish each portion with a sprig of parsley and serve with Mayonnaise Dressing (page 14).

Its appearance compensates you for the work

JULIENNE SALAD

REMOVE the outside leaves from a small firm head of cabbage. Cut in halves or quarters and slice very thin. Let this shredded cabbage stand in ice water until crisp. Drain and dry in a clean towel. Cut into very fine shreds a

fresh green pepper from which the seeds and partitions have been removed. Cut cooked carrots into strips and marinate (mix well) in French Dressing (page 12). Mix one-quarter cup of shredded pepper and one cup carrot strips with each two cups of shredded cabbage. This may be served on leaves of lettuce or Romaine or on one of the outer cabbage leaves. Serve with Parisian or Piquante Dressing (page 13).

A healthful salad with lots of zest

MACEDOINE SALAD

1 SMALL COOKED CAULIFLOWER
1 CUP COOKED PEAS
1 CUP COOKED CARROTS, CUT IN CUBES
1 GREEN PEPPER, CHOPPED

SEPARATE cauliflower in small pieces. Marinate (mix well) each vegetable separately in French Dressing and let stand in ice box until thoroughly chilled. Arrange vegetables on crisp lettuce leaves in separate nests and sprinkle with chopped green pepper. Serve with French Dressing (page 12).

Other cold vegetables, such as string beans, lima beans or beets, may be combined to make a delicious salad and, if carefully arranged, it will be very attractive.

A good way to use left-over vegetables

ONION SALAD

3 SPANISH ONIONS
½ CUP WATER
½ CUP HEINZ CIDER VINEGAR
1 TABLESPOON SUGAR
½ TEASPOON SALT

PEEL onions and slice very thin. Mix water, vinegar, sugar and salt and put the onions in the mixture. Let stand in a covered dish in ice box one hour. Drain thoroughly and mix with Piquante Dressing (page 13). Serve on crisp lettuce and sprinkle with finely chopped parsley.

Men think this an ideal "running mate" for cold ham or beef

STUFFED ONION SALAD

6 LARGE ONIONS
¾ CUP COOKED CARROTS, DICED
¾ CUP COOKED BEETS, DICED
¾ CUP COOKED LIMA BEANS
½ TEASPOON SALT

PEEL onions and cook in boiling salted water until tender. Remove the centers, being careful not to break the shells. Cool. Mix carrots, beets, lima beans and salt and marinate (mix well) in French Dressing (page 12). Chill. Fill the onions with the vegetable mixture and arrange on crisp watercress or lettuce. Serve with French Dressing.

You'd never guess the humble onion could look so handsome

POTATO SALAD

3 CUPS COLD POTATOES, CUT IN CUBES
½ TEASPOON SALT
¾ CUP CHOPPED CELERY
½ TABLESPOON CHOPPED ONION
1 TABLESPOON CHOPPED PARSLEY

MIX potatoes, salt, celery, onion and parsley. Marinate (mix well) in French Dressing (page 12). Put in ice box to absorb some of the dressing and become chilled. Arrange in nests of lettuce; top with Mayonnaise Dressing (page 14). Garnish with radish roses and slices of hard cooked egg.

Great with cold meat on Sunday night

POTATO AND EGG SALAD

4 CUPS COLD BOILED POTATOES, CUT IN CUBES
1 ONION, CHOPPED FINE
1½ TEASPOONS SALT
½ TEASPOON PAPRIKA
3 HARD COOKED EGGS, CHOPPED
2 TABLESPOONS CHOPPED PARSLEY

MIX potatoes, onion, salt and paprika. Marinate (mix well) in French Dressing (page 12). Put in ice box to chill. Just before serving add eggs, parsley and sufficient

POTATO SALAD

Mayonnaise Dressing (page 14) or Cooked Salad Dressing (page 16) to moisten well. Pile in cups of crisp lettuce. Garnish with strips of red or green pepper, or thin slices of Heinz Sweet Gherkins. Serve with additional dressing, if desired.

A man's salad, hearty and savory

POTATO AND PEA SALAD

2 CUPS COOKED POTATOES, CUT IN CUBES
2 TABLESPOONS CELERY, CUT IN PIECES
½ TEASPOON SALT
½ TEASPOON PAPRIKA
½ CUP COOKED BEETS, CUT IN CUBES
1 CUP COOKED PEAS

MIX potatoes, celery, peas, salt and paprika and marinate (mix well) in French Dressing (page 12). Chill thoroughly. Marinate beets in French Dressing and chill. Combine potato mixture and beets immediately before serving and moisten with Mayonnaise Dressing (page 14). Arrange in nests of crisp lettuce and garnish each portion with the yolk of hard cooked egg pressed through a sieve, and with the white chopped very fine.

A variation of the ever popular potato salad

TOMATO PIQUANTE SALAD

RADISH AND SCALLION SALAD

SLICE cold crisp radishes very thin. Soak scallions in ice water half an hour and then slice thin. Combine with radishes, using one-half as many scallions as radishes. Mix with French Dressing (page 12) and serve on crisp lettuce leaves. Garnish each serving with a radish rose.

One more reason for giving thanks for the Spring

SPINACH SALAD

3 CUPS COOKED SPINACH
2½ TABLESPOONS LEMON JUICE
1 TEASPOON ONION JUICE
2 TABLESPOONS BUTTER
1½ TEASPOONS SALT
¼ TEASPOON PAPRIKA

CHOP spinach very fine and press out all the excess moisture. Add lemon juice, onion juice, melted butter, salt and paprika. Mix thoroughly. Pack into slightly buttered individual molds and chill. Remove from molds and arrange on bed of crisp lettuce. Decorate top of each mold with Tartar Dressing (page 15). Garnish with slices of tomato or egg. Serve with French Dressing (page 12).

A satisfying and wholesome salad

TOMATO SALAD

PUT three large tomatoes in boiling water for a moment to loosen skins. Peel and place in ice box to chill. Cut them in four or six sections (depending on size) and arrange on crisp, tender leaves of Romaine or lettuce. Serve with Chutney Dressing (page 13).

An old salad made new by its dressing

TOMATOES EN SURPRISE

6 MEDIUM-SIZED TOMATOES
1 GREEN PEPPER
¾ CUP CHOPPED CELERY
¼ TEASPOON SALT

PUT tomatoes in boiling water for a moment to loosen skins. Peel and place in ice box to chill. Remove pulp from centers and drain off juice. Cut slice from top of pepper and remove seeds. Cut six small squares from pepper for garnishing and chop the remainder. Mix the tomato pulp, chopped pepper, celery and salt with enough Mayonnaise Dressing to hold ingredients together and fill the tomato shells with this mixture. Serve on crisp lettuce leaves. Put a tablespoon of Mayonnaise Dressing (page 14) on top of each tomato and decorate with squares of green pepper.

A worth while suggestion for the hostess

TOMATO PIQUANTE SALAD

6 MEDIUM SIZED TOMATOES
½ LB. AMERICAN CHEESE
1 TABLESPOON CHOPPED PARSLEY

PUT the tomatoes in boiling water for a moment to loosen skins. Peel and put in ice box to chill. With a sharp knife make four parallel cuts from the top almost to the bottom of the tomatoes, being careful not to sever the sections. In the cuts thus made insert very thin slices of the cheese. Arrange on crisp lettuce leaves and sprinkle with parsley. Serve with Piquante Dressing (page 13).

Different from everybody else's tomato salad

TOMATO AND CHEESE SALAD

6 TOMATOES
1 PACKAGE CREAM CHEESE
1 TABLESPOON CHOPPED GREEN PEPPER
½ TEASPOON FINELY CHOPPED ONION

PUT the tomatoes in boiling water for a moment to loosen skins. Peel and chill thoroughly. Cut in halves. Mash cheese to a paste with Mayonnaise Dressing (page 14) and mix with green pepper and onion. Put the cheese mixture between halves of tomatoes, sandwich fashion, and put sprigs of parsley into tops. Arrange on crisp lettuce leaves and serve with Spinosa Dressing (page 13).

This same idea can be carried out with canned tomatoes by using the Tomato Jelly Salad recipe (page 60). Mold mixture in small cups or individual molds. When stiff enough to remove from molds, cut them through the center and insert cheese layers.

Wholesome, delicious, nutritious and good to look at

YELLOW TOMATO SALAD

6 YELLOW TOMATOES
1½ CUPS COOKED STRING BEANS
2 TABLESPOONS CHOPPED RED PEPPER
2 TABLESPOONS CHOPPED GREEN PEPPER

PUT tomatoes in boiling water for a moment to loosen skins. Peel and place in ice box to chill. Marinate (mix well) beans in French Dressing and chill. Cut tomatoes in halves crosswise and arrange on crisp lettuce leaves on individual plates. Pile the beans lightly on the tomatoes and sprinkle with the chopped red and green pepper. Serve with French Dressing (page 12).

You'll like the flavor as well as the color scheme

FRENCH ARTICHOKE SALAD

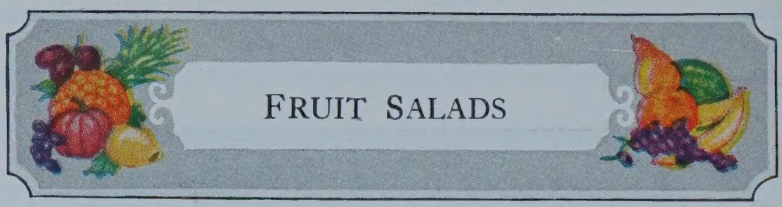
FRENCH ARTICHOKE SALAD

1 CAN ARTICHOKE BOTTOMS
½ TEASPOON SALT
1 TABLESPOON CHOPPED GREEN PEPPER
1 TABLESPOON CHOPPED RED PEPPER

DRAIN liquid from artichokes. Add salt and marinate (mix well) in French Dressing. Put in ice box to chill. Arrange in nests of crisp lettuce leaves or watercress and sprinkle with the chopped pepper. Serve with French Dressing (page 12).

Or cook six small French artichokes in boiling salted water (to which one tablespoon Heinz Cider Vinegar has been added) until tender. Remove from water and allow to cool. Serve very cold with Tartar Dressing (page 15).

The salad of epicures



FRUIT SALADS

SALADS of fresh or canned fruits can be made to do both as salad and dessert. Those who like "something sweet to top off with" will find several of the following recipes exactly to their taste. For others who prefer a cool, slightly acid flavor on which to end their meal there is almost as great a variety from which to choose.

In hot weather, when one does not care to eat a hearty meal in the middle of the day, fruit salads are particularly refreshing. They may be served with French Dressing or for richer salads Whipped Cream Dressing is delicious.

Though women generally like fruit salads better than men do, there are several that even the sternest male does not spurn. Grapefruit, Watermelon, Waldorf and Pear are some of these, and recipes for them will be found in the following pages.

ALLIGATOR PEAR SALAD

ALLIGATOR pears are considered a great luxury and can be obtained at certain seasons of the year at fancy fruiterers in large cities and towns.

Chill three alligator pears. Cut in halves and remove stones. Peel and cut in cubes. Mix with French Dressing (page 12). Serve on crisp lettuce and sprinkle with chopped almonds.

Another way to serve alligator pear salad is to cut the pears in halves and scoop out the pulp, being careful not to break the skins. Cut the pulp in pieces and combine with pieces of grapefruit or balls of canteloupe. Mix with French Dressing and refill skins. Serve on crisp lettuce leaves.

Or cut chilled pears in halves and remove stones. Fill the

cavities with French Dressing. Serve on bed of chopped ice or on pretty leaf—grape leaf, galex, laurel spray, etc.

Appeals to the pampered palate

APPLE AND DATE SALAD

4 CUPS TART APPLES, CUT IN PIECES
1 CUP DATES, CUT IN SMALL PIECES
1½ TABLESPOONS LEMON JUICE
½ TEASPOON SALT
1 TABLESPOON SUGAR

MIX apples, dates, lemon juice, salt and sugar. Moisten with Mayonnaise Dressing (page 14) and mix thoroughly. Chill. Serve on shredded lettuce and garnish with extra Mayonnaise Dressing and whole pecan nuts.

A luncheon salad for mother and the children

APPLE AND MINT SALAD

1½ CUPS APPLE, DICED
1½ CUPS CELERY, CUT IN PIECES
¼ TEASPOON SALT
1½ TEASPOONS FINELY CHOPPED MINT

COMBINE apple and celery with salt and enough Mayonnaise Dressing to hold them together. Arrange on crisp tender leaves of Romaine and sprinkle with the chopped mint. Serve with extra Mayonnaise Dressing (page 14).

A wonderful combination. Do try it

BANANA SALAD

6 SMALL BANANAS
2 TABLESPOONS LEMON JUICE
½ CUP CHOPPED PEANUTS

CHILL bananas. Just before serving peel them and roll in lemon juice. (The lemon juice prevents discoloration of the bananas.) Cut them in halves lengthwise and put the halves together with Mayonnaise Dressing, sandwich fashion. Arrange on small leaves of crisp Romaine and sprinkle with chopped peanuts. Serve with Mayonnaise Dressing (page 14).

Children like this combination

BUTTERFLY SALAD

BRAZILIAN SALAD

2 CUPS WHITE GRAPES 1½ CUPS ORANGE PULP
½ CUP BRAZIL NUTS

REMOVE the skins from the grapes, cut in halves and take out seeds. Cut orange sections in pieces of uniform size and the nuts in thin strips. Chill the fruit, add the nuts and mix with French Dressing (page 12). Serve on crisp lettuce or Romaine with Fruit Salad Dressing (page 15).

The specialty of a smart Paris Hotel

BUTTERFLY SALAD

6 SLICES CANNED PINEAPPLE ½ CUP CHOPPED NUTS
1 CAKE CREAM CHEESE 1 GREEN PEPPER
1 PIMIENTO

CUT slices of pineapple in halves. Arrange two halves, curved sides toward center, on a bed of lettuce on individual salad plates. Make small balls of cream cheese and roll in chopped nuts. Place two or three in the center for

the butterfly's body. Use thin strips of green pepper for the antennae and decorate the pineapple halves with pimiento cut in fancy pieces, to resemble markings on wings. Serve with Mayonnaise Dressing (page 14).

A very pretty salad for festive occasions

ORANGE CUP SALAD

1 GRAPEFRUIT
3 ORANGES
2 TABLESPOONS LEMON JUICE
1 CUP PINEAPPLE, CUT IN SMALL PIECES
¼ CUP POWDERED SUGAR

PEEL grapefruit. Remove pulp separately from each section, discarding all the membrane. Cut in pieces. Cut oranges in halves and remove pulp, being careful to keep in as large pieces as possible. Save the skins for salad cups. Mix the fruit, add sugar and lemon juice. Chill. Serve in the orange skins with Fruit Salad Dressing (page 15) and garnish with Maraschino cherries.

Many families prefer this to dessert

CANTALOUPE SALAD

CUT three cantaloupes in halves and remove seeds. Scoop out balls with a French vegetable cutter. Chill thoroughly. Mix with Summer Dressing (page 13). Arrange in nests of heart leaves of lettuce and sprinkle with three tablespoons finely chopped candied or Maraschino cherries.

A new fruit salad which will attain great popularity

GRAPEFRUIT SALAD

PEEL three grapefruits, cutting away white skin. Remove pulp, keeping each section whole. Arrange like the petals of a daisy on leaves of crisp Romaine. Put a teaspoon of grated American cheese in the center to carry out the idea of the flower. Serve with French Dressing (page 12).

Delicious with a fish or roast meat dinner

MELBA SALAD

1 CAN PEACHES (HALVES)
½ CUP FIGS, CHOPPED FINE
½ CUP PECANS, CHOPPED FINE

DRAIN liquid from peaches and chill. Mix figs and pecans with enough Mayonnaise Dressing (page 14) to hold them together. Put halves of peaches together with this mixture and arrange on crisp lettuce leaves. Serve with French Dressing (page 12).

Takes the salad course out of the rut

CANDLESTICK SALAD

6 SLICES CANNED PINEAPPLE
3 BANANAS
6 MARASCHINO CHERRIES
1 GREEN PEPPER
2 TABLESPOONS LEMON JUICE

CUT each banana in half crosswise and roll in the lemon juice. (The lemon juice prevents discoloration of the bananas.) Fit a banana half into the hole of each pineapple slice and decorate the top with a cherry to imitate the flame. Cut the pepper in thin strips and place a curved strip at the side of the banana to represent the handle of the candlestick. Arrange on shredded lettuce or watercress on individual plates and serve with French Dressing (page 12).

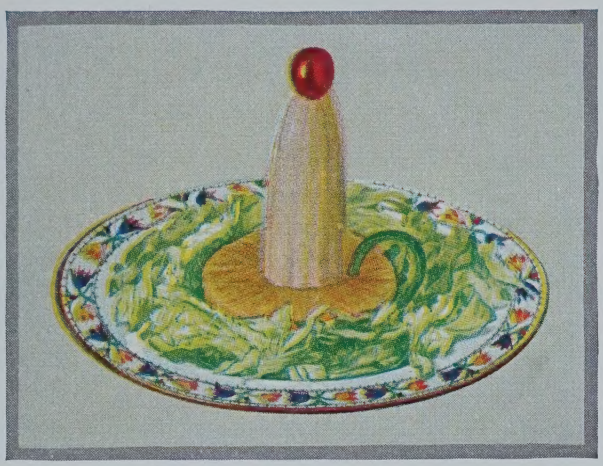
Will brighten your afternoon bridge party

PEAR SALAD

3 PEARS
1 CREAM CHEESE
¼ TEASPOON SALT
⅛ TEASPOON PAPRIKA
2 TABLESPOONS CREAM
12 PECANS

PEEL pears and cut in halves lengthwise. Remove cores carefully so as not to break the pears. Mix cheese, salt, paprika and cream to a smooth paste. Fill centers of the pears with the cheese mixture, using a pastry tube, if possible, and place halves of pecans around cheese. Arrange on crisp lettuce and serve with Fruit Salad Dressing (page 15).

Especially popular for afternoon bridge parties



CANDLESTICK SALAD

PINEAPPLE AND STRAWBERRY SALAD

1 SMALL FRESH PINEAPPLE 1½ CUPS STRAWBERRIES
1 TABLESPOON CHOPPED MINT LEAVES

PEEL pineapple and remove eyes. Cut in slices and then in cubes. Chill. Wash, hull and chill the strawberries. Combine the fruit and arrange on crisp leaves of lettuce or chicory. Sprinkle with the mint and serve with Fruit Salad Dressing (page 15).

Canned pineapple may be used in this recipe.

The mint is a masterly touch

PINEAPPLE, CELERY AND NUT SALAD

1½ CUPS CANNED PINEAPPLE, CUT IN CUBES 1½ CUPS CELERY, CUT IN PIECES
1 CUP CHOPPED NUTS

COMBINE pineapple, celery and nuts. Mix with Fruit Salad Dressing (page 15). Serve on crisp lettuce leaves and garnish with cream cheese balls, sprinkled with paprika, and strips of green pepper.

Perfect for the formal winter luncheon

ROYAL SALAD

1 LARGE GRAPEFRUIT
2 ORANGES
2 PEARS
1 GREEN PEPPER

PEEL the grapefruit and oranges, cutting as you would an apple, deep enough to remove the white skin underneath. Separate into sections, discarding the membrane. Peel the pears and cut into the same size pieces as the orange sections. Slice the green pepper very thin. Arrange the fruit alternately in boat-shaped leaves of Romaine, decorating with strips of green pepper between the sections. Serve with Mayonnaise Dressing (page 14).

Canned grapefruit and canned pears may be used in this recipe.

A pretty arrangement of fruit that always appeals to the eye

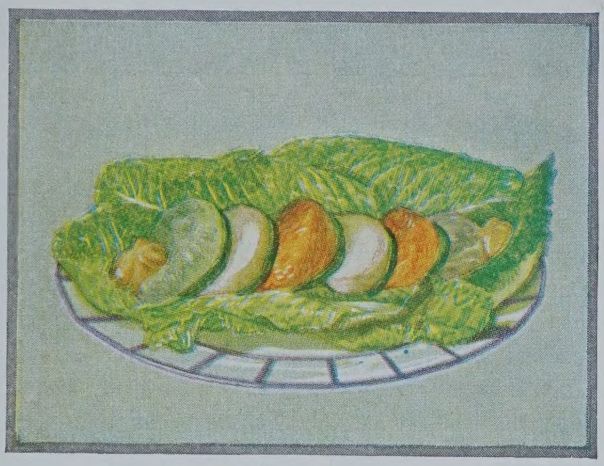
WALDORF SALAD

2 CUPS APPLES, DICED
1 CUP CHOPPED CELERY
½ CUP BROKEN WALNUT MEATS
JUICE OF HALF A LEMON

SQUEEZE the lemon juice over the apples and mix with celery and nuts. Add enough Mayonnaise Dressing to hold the ingredients together and allow to stand in ice box until thoroughly chilled. Arrange on crisp lettuce leaves and garnish with curled celery and strips of pimiento.

This salad may also be served in apple cups. Cut slice from stem end of bright red apples. Scoop out pulp with teaspoon or grapefruit knife, discarding core and seeds. Squeeze a little lemon juice over inside of the apples. Fill the apple shells with the Waldorf mixture—the pulp that has been scooped out is cut into small pieces and mixed with the celery and nuts. Serve on lettuce leaves and top with Mayonnaise Dressing (page 14).

Delicious with cold meats



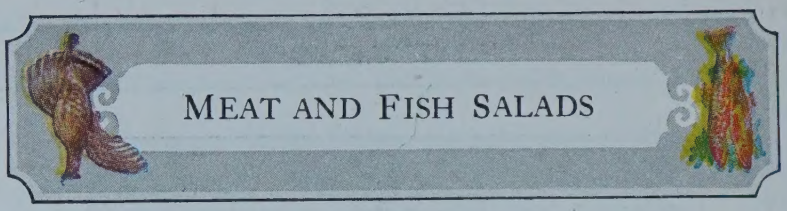
ROYAL SALAD

WATERMELON SALAD

WITH a French vegetable cutter cut small balls from a watermelon which is very ripe and has a good red color. Remove the seeds carefully. Put the balls in the ice box to chill. When ready to serve arrange in cups of small crisp lettuce leaves and garnish with sprigs of mint. Serve with French Dressing (page 12).

This salad is very attractive in a bed of fresh green watercress.

An effective touch of color on a summer luncheon table



MEAT AND FISH SALADS

AMONG men, probably the meat and fish salads are the most popular. These more hearty salads are served as the main course at luncheon, supper or the evening party. Accompanied by some kind of hot bread and a beverage they make a complete and entirely satisfactory meal. Some of the salads which follow, such as shad roe and sweetbreads, are considered great delicacies among epicures but perhaps are rather an acquired taste with most people.

The others, like chicken, tuna fish, lobster, crab flakes and ham are favorites with almost every one. Many of them may be prepared in a short time, and if a few supplies are kept on hand, they can easily be made the backbone of a hurried meal.

This group of salads gives the housewife opportunity to show her skill at making Mayonnaise and its variations. If she has never before used Heinz Oil and Vinegar for this delicious dressing she will have a revelation.

CHICKEN SALAD

3 CUPS COLD CHICKEN, CUT IN CUBES
1 TEASPOON SALT
2 HARD COOKED EGGS
1½ CUPS CELERY, CUT IN PIECES

COMBINE chicken and celery and add salt. Cut up eggs, reserving three or four perfect slices for garnishing. Add eggs to the chicken and celery and mix well with Mayonnaise Dressing. Mound in salad bowl on bed of crisp lettuce. Cover top with Mayonnaise Dressing (page 14). Garnish with capers, slices of egg and Heinz Queen Olives.

You can't improve upon this for an evening party

MOCK CHICKEN SALAD

3 CUPS DICED COLD ROAST PORK
½ TEASPOON SALT
⅛ TEASPOON PAPRIKA
1½ CUPS CELERY, CUT IN PIECES

MIX pork, celery, salt and paprika. Marinate (mix well) in French Dressing (page 12) and chill. Mix with Mayonnaise Dressing (page 14) and serve on crisp lettuce leaves. Garnish with curled celery and Heinz Stuffed Olives or capers. Cold veal is also very good in this salad.

Less expensive than chicken salad but very good

CHICKEN AND VEGETABLE SALAD

2 CUPS COLD CHICKEN, DICED
½ CUP COOKED CARROTS, DICED
½ CUP COOKED PEAS
½ CUP COOKED STRING BEANS, CUT IN PIECES
½ CUP COOKED BEETS, DICED
1 TEASPOON SALT
1 TEASPOON PAPRIKA
1 TABLESPOON CHOPPED PARSLEY

MIX the chicken and vegetables and add salt, paprika and parsley. Marinate (mix well) in French Dressing (page 12) and let stand in ice box until thoroughly chilled. Arrange in nests of lettuce leaves and top with Mayonnaise Dressing (page 14). Garnish with beets cut in fancy shapes and asparagus tips.

Fine way to use up Sunday's chicken

HAM SALAD

2 CUPS COOKED HAM, DICED
¾ CUP COOKED PEAS
3 TABLESPOONS HEINZ INDIA RELISH

MIX ham, peas and relish together and marinate (mix well) in French Dressing (page 12). Chill thoroughly. Arrange on crisp lettuce leaves and garnish with slices of hard cooked egg. Serve with Russian Dressing (page 15).

Always brings a vote of thanks from the men

SWEETBREAD SALAD

1 PAIR SWEETBREADS
1 CUP CELERY, CHOPPED
½ TEASPOON SALT
¼ TEASPOON PAPRIKA

SOAK the sweetbreads for one hour in salted water. Cook slowly for twenty minutes in boiling salted water to which one tablespoon Heinz Pure Vinegar has been added. Plunge in cold water. When cold remove tough membrane and cut sweetbreads in small pieces. Add celery, salt and paprika and mix with Mayonnaise Dressing (page 14). Serve on crisp lettuce leaves and garnish with asparagus tips which have been marinated in French Dressing (page 12).

When cucumbers are in season they may be used instead of the celery and are very delicious.

Especially appealing to a person of delicate appetite

TONGUE SALAD

3 CUPS COLD TONGUE, DICED
1 CUP COOKED CARROTS, DICED
6 TABLESPOONS CHOPPED GREEN PEPPER
¼ TEASPOON PAPRIKA

MIX the tongue, carrots and green pepper. Add paprika and marinate (mix well) in French Dressing (page 12). Chill thoroughly. Arrange in nests of crisp lettuce leaves and garnish with parsley. Serve with Mayonnaise Dressing (page 14).

One of the best meat salads

CRAB MEAT SALAD

4 CUPS CRAB MEAT
½ TEASPOON SALT
⅛ TEASPOON PAPRIKA

PICK crab meat over carefully to remove particles of shell. Add salt and paprika. Marinate (mix well) in French Dressing (page 12) and chill thoroughly. Arrange on bed of

TONGUE SALAD

crisp lettuce leaves in salad bowl and spread with Mayonnaise Dressing (page 14). Decorate top with strips of pimiento and capers. This salad may be varied by the addition of one cup of cucumbers, cut in cubes.

Canned crab meat may be used in this recipe.

A favorite with men at evening parties

HERRING AND POTATO SALAD

3 CUPS DICED COLD POTATOES
1 TEASPOON CHOPPED ONION
½ TEASPOON SALT
⅛ TEASPOON PAPRIKA
3 DRIED SMOKED SALT HERRING
1 TABLESPOON CHOPPED PARSLEY

MIX potatoes, onion, salt and paprika and marinate (mix well) in French Dressing (page 12). Chill. Cut herring in small pieces with scissors. Add to the potatoes and mix well. Arrange on crisp lettuce leaves and sprinkle with parsley. Serve with Indian Dressing (page 15).

One of the best one-dish meals

HALIBUT SALAD

2½ CUPS COLD HALIBUT
1 CUCUMBER, CUT IN CUBES
1 TEASPOON SALT
⅛ TEASPOON PEPPER
1 TABLESPOON CHOPPED ONION

FLAKE halibut in large pieces. Marinate (mix well) in French Dressing (page 12) and chill. Mix the fish, cucumber, salt, pepper and onion with sufficient Mayonnaise Dressing (page 14) to hold them together. Serve on crisp lettuce leaves, garnish with red and green pepper, cut in fancy shapes.

Savory and satisfying for the meatless meal

JAPANESE SALAD

1½ CUPS COOKED RICE
1½ CUPS COOKED SALMON
½ TEASPOON SALT
⅛ TEASPOON PAPRIKA

TO cook rice drop it into rapidly boiling salted water and boil until tender. Turn into a colander and let cold water run over it so that it will not be starchy. Drain well. When cool mix with the cold flaked salmon, salt and paprika. Marinate (mix well) in French Dressing (page 12) and chill thoroughly. Mix with Celery Dressing (page 15) and serve on crisp lettuce leaves. Garnish with celery tops.

Canned salmon may be used in this recipe.

Ideal main dish for a summer supper

LOBSTER SALAD

4 CUPS COOKED LOBSTER, CUT IN PIECES
½ TEASPOON SALT
⅛ TEASPOON PAPRIKA
½ CUP CELERY, CUT IN SMALL PIECES

MIX lobster, celery, salt and paprika together. Marinate (mix well) in French Dressing (page 12) and chill thoroughly. Arrange fresh crisp leaves of lettuce on platter and pile lobster in the center. Spread the lobster with Mayonnaise Dressing (page 14) and decorate with slices of hard cooked egg, capers and pickle fans (page 89).

If there is any coral in the lobster it may be pressed through a sieve and used in garnishing.

Canned lobster may be used in this recipe.

A salad de luxe

LOBSTER SALAD

SALMON SALAD

2½ CUPS COLD SALMON
1½ CUPS CELERY, CUT IN PIECES
3 TABLESPOONS LEMON JUICE
½ TEASPOON SALT
½ TEASPOON PAPRIKA

FLAKE the salmon, discarding skin and bones. Add celery, lemon juice, salt and paprika. Stand in ice box to chill. Mix with enough Mayonnaise Dressing (page 14) or Cooked Salad Dressing (page 16) to moisten well. Serve on any crisp salad greens and garnish with Heinz Midget Gherkins.

An unfailing standby in emergencies

SCALLOP SALAD

2 CUPS COOKED SCALLOPS
2 TABLESPOONS CAPERS
2 TABLESPOONS CHOPPED PARSLEY

CUT scallops in halves and mix with the capers. Marinate (mix well) in French Dressing (page 12) and chill. Arrange in nests of shredded cabbage and sprinkle with parsley and paprika. Garnish with cup-shaped leaves of lettuce filled with Tartar Dressing (page 15).

Will vary the monotony of the lenten menu

SHRIMP AND PINEAPPLE SALAD

SHRIMP AND PINEAPPLE SALAD

1½ CUPS COOKED SHRIMPS
1½ CUPS PINEAPPLE, CUT IN PIECES
½ TEASPOON SALT
⅛ TEASPOON PAPRIKA

REMOVE the black line from shrimps and cut in pieces. Marinate (mix well) in French Dressing (page 12) and chill. Drain and chill the pineapple. Combine shrimps, pineapple, salt and paprika and mix with Mayonnaise Dressing (page 14). Serve on crisp lettuce leaves and garnish with stuffed olives.

This unusual way of serving shrimps will surprise and delight you

SHAD ROE SALAD

1 PAIR SHAD ROE
1 HARD COOKED EGG, CHOPPED
1 TABLESPOON CHOPPED HEINZ SOUR PICKLE
½ CUP CHOPPED CELERY
½ TEASPOON SALT

PARBOIL shad roe in salted water, cooking slowly twenty minutes. Cool. Cut in pieces and mix well in French Dressing (page 12). Chill. Mix with the egg, pickle, celery

and salt, being careful not to break up the pieces of shad roe. Serve on crisp lettuce with Mayonnaise Dressing (page 14).

A recipe from a famous men's club

SHRIMP SALAD

4 CUPS COOKED SHRIMPS ½ TEASPOON SALT
¼ TEASPOON PAPRIKA

IF fresh shrimps are used boil them in salted water, wash and drain them. Carefully remove the shells and the black line that runs the length of the body. (Canned shrimps need only be thoroughly drained). When cool add salt and paprika and marinate (mix well) in French Dressing (page 12). Let stand in ice box until thoroughly chilled. Mayonnaise Dressing (page 14) may be mixed with the shrimps, using a sufficient amount to hold them together, or it may be served separately. Arrange shrimps on crisp lettuce leaves or shredded cabbage and garnish with curled celery and Heinz Sour Gherkins, sliced.

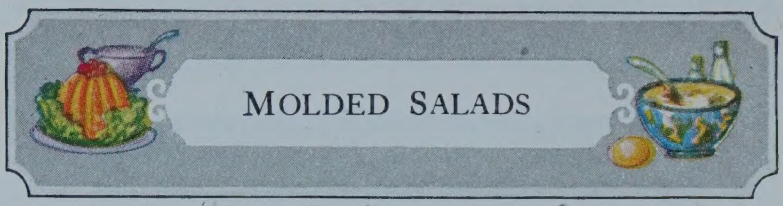
One of the most popular of fish salads

TUNA FISH SALAD

2½ CUPS TUNA FISH, FLAKED
1½ CUPS CELERY, CUT IN PIECES
3 TABLESPOONS CAPERS
2 TABLESPOONS CHOPPED PIMIENTO
1 TEASPOON SALT
1 TEASPOON PAPRIKA
2 HARD COOKED EGGS

COMBINE tuna fish, celery, one tablespoon capers, pimiento, salt and paprika. Marinate (mix well) in French Dressing (page 12) and let stand in ice box to chill. Just before serving moisten with Mayonnaise Dressing (page 14). Arrange lettuce in cup shapes in a salad bowl. Put a serving of the fish mixture in each cup, top with Mayonnaise and garnish with capers and slices of hard cooked egg.

Sunday night supper guests always enjoy this



MOLDED SALADS

FOR the hostess who must prepare her own refreshments and still be ready to receive her guests when they arrive molded salads will be found a great boon. They can be prepared in the morning, or even the day before, and turned out on crisp lettuce just before serving. Either individual or large molds may be used, depending upon the maker's taste and the occasion upon which she is going to serve the salad. The large mold attractively garnished is best suited to the luncheon or supper table and adds greatly to its appearance, while small molds are pretty at all times, especially at parties where individual service is desirable.

For the Sunday night supper one of these salads, prepared while you are at work in your kitchen on Saturday, will prove a delightful surprise to your family.

MOLDED CHICKEN SALAD

2 TABLESPOONS GELATINE
¼ CUP COLD WATER
2 CUPS COLD CHICKEN, CUT IN CUBES
½ TEASPOON SALT
½ CUP CELERY, CUT IN SMALL PIECES
¼ CUP CHOPPED GREEN PEPPER
¼ CUP CHOPPED PIMIENTO

SOAK gelatine in cold water five minutes and dissolve over boiling water. Add chicken, celery, green pepper, pimiento and salt. Mix Mayonnaise Dressing (page 14) thoroughly through these ingredients. Put into a ring mold which has been dipped in cold water. Chill thoroughly. Turn out on a bed of crisp lettuce. In the center make a cup of small heart leaves of lettuce and fill it with Different Dressing (page 15). Decorate mold with strips of pimiento.

Canned chicken may be used in this recipe.

An economical and attractive chicken salad

JELLIED SUPPER SALAD

JELLIED SUPPER SALAD

2 TABLESPOONS GELATINE
¼ CUP COLD WATER
2 CUPS CHICKEN BROTH
SLICED CHICKEN
1½ CUPS MIXED VEGETABLES (Peas, Carrots, String Beans, Etc.)
2 HARD COOKED EGGS
1 PIMIENTO

SOAK gelatine in the cold water five minutes and dissolve in hot chicken broth (canned broth may be used). Cool. Dip loaf pan in cold water and decorate bottom with slices of hard cooked egg and pimiento cut in fancy shapes. Cover with a thin layer of chicken broth and let stiffen. Then arrange the chicken and vegetables in alternate layers, pouring a little broth over each layer and allowing it to stiffen before adding the next layer. Letting the pan stand in ice water will quicken the process. Chill thoroughly. Remove from mold and cut in fairly thick slices. Serve the individual portions in nests of crisp lettuce leaves with Mayonnaise Dressing (page 14).

So pretty that it's worth all the trouble

HAM MOUSSE SALAD

1 TABLESPOON GELATINE
2 TABLESPOONS COLD WATER
2 CUPS MINCED COLD HAM
½ CUP CREAM
¼ CUP MINCED CELERY
⅛ TEASPOON PAPRIKA
2 TABLESPOONS MINCED PARSLEY

SOAK gelatine in the cold water five minutes and dissolve over boiling water. Add ham, celery, paprika and parsley and mix thoroughly. Fold in the stiffly beaten cream. Put into individual molds (or one large mold) which have been dipped in cold water. Chill thoroughly. Turn out on a bed of crisp lettuce or watercress. Garnish with green pepper and pimiento. Serve with Spinosa Dressing (page 13).

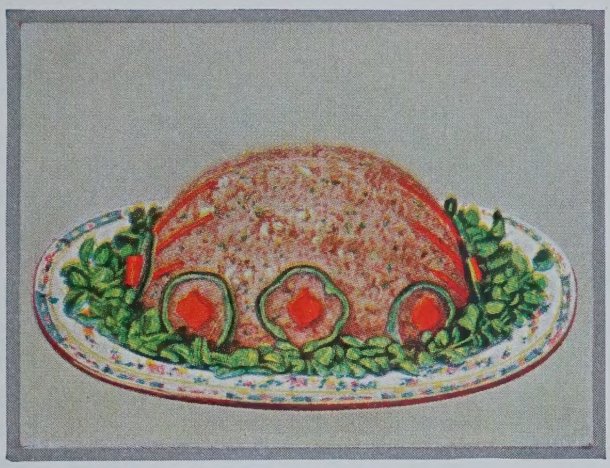
Left-over ham dressed up in party style

MOLDED TUNA FISH SALAD

2 CUPS TUNA FISH
½ CUP CELERY, CUT IN SMALL PIECES
1 TABLESPOON CHOPPED ONION
¼ CUP HEINZ QUEEN OLIVES CHOPPED
1 TABLESPOON GELATINE
2 TABLESPOONS COLD WATER
½ TEASPOON SALT

FLAKE tuna fish in pieces, place in a sieve and pour boiling water over it. Drain thoroughly and cool. Add celery, onion, salt, olives and one cup Cooked Salad Dressing (page 16) and mix thoroughly. Soak gelatine in the cold water five minutes and dissolve over boiling water. Add to the fish mixture, stir well and put into individual molds (or one large mold) which have been dipped in cold water. Chill thoroughly. Remove from molds and serve in nests of lettuce leaves. Garnish with celery curls and pimientos, cut in diamond shapes. Serve with Cooked Dressing (page 16) or Mayonnaise Dressing (page 14).

Serve with dainty sandwiches and coffee for the party supper or luncheon



HAM MOUSSE SALAD

CUCUMBER JELLY SALAD

2 TABLESPOONS GELATINE
¼ CUP COLD WATER
4 CUPS SLICED CUCUMBERS
4 TABLESPOONS CHOPPED GREEN PEPPER
1 TEASPOON SALT
⅛ TEASPOON PEPPER
1½ TABLESPOONS CHOPPED ONION
3½ CUPS WATER
2 TABLESPOONS HEINZ TARRAGON VINEGAR

SOAK gelatine in the cold water five minutes. Cook cucumbers, green pepper, onion and water together until cucumbers are tender—about twenty minutes. Add softened gelatine and stir until it is dissolved. Press through a fine sieve. Pour into individual molds which have been dipped in cold water, and chill thoroughly. Turn out on crisp watercress. Garnish with slices of cucumber and serve with Mayonnaise Dressing (page 14).

Ideal to serve with a fish course or fish dinner

TOMATO JELLY SALAD

4 TABLESPOONS GELATINE
½ CUP COLD WATER
3 CUPS STEWED TOMATOES, CANNED OR FRESH
½ BAY LEAF
2 WHOLE CLOVES
1 TEASPOON SALT
1 TEASPOON SUGAR
⅛ TEASPOON PAPRIKA
2 SLICES ONION

SOAK gelatine in the cold water five minutes. Cook tomatoes, bay leaf, cloves, salt, sugar and onion together for ten minutes. Add gelatine and mix thoroughly. Strain. Turn into a mold (or individual molds) which has been dipped in cold water. Chill. Remove from mold. Serve on a bed of crisp lettuce leaves with Celery Dressing (page 15).

Very appetizing, and in season all the year round

JELLIED VEGETABLE RING

1½ TABLESPOONS GELATINE
¼ CUP COLD WATER
⅓ CUP BOILING WATER
3 TABLESPOONS VINEGAR
2 TABLESPOONS LEMON JUICE
⅓ CUP SUGAR
1 TEASPOON SALT
¾ CUP DICED CELERY
1 CUP SHREDDED CABBAGE
1 CUP COOKED PEAS

SOAK gelatine in the cold water five minutes and dissolve in the boiling water. Add vinegar, lemon juice, sugar, salt and vegetables and mix thoroughly. Turn into a ring mold which has been dipped in cold water. Chill. Remove from mold to salad plate. Fill center with crisp lettuce and serve with Mayonnaise Dressing (page 14) or Different Dressing (page 15).

Thin slices of cold cooked meats may be arranged round the jelly ring.

A Sunday night supper dish that can be prepared the day before

TOMATO JELLY SALAD

MOLDED GRAPEFRUIT SALAD

1½ TABLESPOONS GELATINE
¼ CUP COLD WATER
½ CUP BOILING WATER
½ CUP SUGAR
2 TABLESPOONS LEMON JUICE
1 CUP APPLE, CUT IN CUBES
2 CUPS GRAPEFRUIT, PULP AND JUICE
½ CUP PECANS, BROKEN IN PIECES

SOAK gelatine in the cold water five minutes. Add boiling water and sugar and stir until dissolved. Add apple, grapefruit, nuts and lemon juice and mix thoroughly. Put into individual molds which have been dipped in cold water. Chill thoroughly. Remove from molds and arrange on crisp lettuce leaves. Garnish with Whipped Cream Dressing (page 17) and whole pecans.

So cool, refreshing and easy to digest

FRUIT GINGER ALE SALAD

2½ TABLESPOONS GELATINE
3 TABLESPOONS COLD WATER
⅓ CUP BOILING WATER
¼ CUP LEMON JUICE
2 TABLESPOONS SUGAR
1 CUP GINGER ALE
½ CUP MALAGA GRAPES
1 SMALL BANANA
2 ORANGES
¼ CUP CHOPPED NUTS

SOAK gelatine in the cold water five minutes and dissolve in the boiling water. Add lemon juice, sugar and ginger ale. Cut grapes in quarters and remove seeds. Separate oranges in sections and discard membrane. Slice banana. When ginger ale mixture begins to thicken fold in fruit and nuts. Turn into a mold which has been dipped in cold water. Chill. Remove from mold, garnish with crisp lettuce leaves. Serve with Fruit Salad Dressing (page 15).

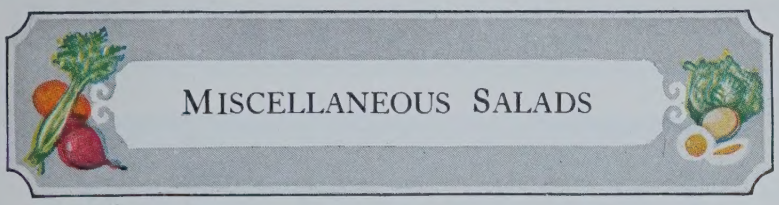
A new idea for party refreshments

FROZEN FRUIT SALAD

1 GRAPEFRUIT
1 ORANGE
4 SLICES PINEAPPLE, CUT IN PIECES
½ CUP MARASCHINO CHERRIES, CUT IN QUARTERS

PEEL the grapefruit and orange. Remove the fruit sections and cut in pieces. Add the pineapple and cherries. Drain off juice and mix well with Mayonnaise Dressing. Put in a covered mold (or coffee can with tight cover). It is best to put a piece of wax paper over the top of the mold before putting on the cover. Pack in ice and salt for three hours, using three parts ice to one part salt. Remove from mold and arrange on bed of crisp lettuce leaves. Cut in slices when serving and garnish each portion with a spoonful of Mayonnaise Dressing (page 14) and a whole cherry.

Very popular as a party salad



MISCELLANEOUS SALADS

THE following salads include some which to a certain extent take the place of meat in the diet. Cheese, eggs and nuts contain about the same food elements as meat and make delicious and nutritious salads. They may be served for luncheon or supper or with a dinner which includes little or no meat.

Other salads in the group, not among the meat substitutes, are those which might be classed among the hors d'oeuvres, or appetizers, and are served as the first course at dinner. A small amount of some highly seasoned food, attractively arranged, tempts us to eat and enjoy our meal more thoroughly. If it looks pretty and "makes our mouths water," it's also an aid to digestion.

For salads to be used in this way there are several recipes in the following group which you will want to try.

ANCHOVY AND BEET SALAD

3 LARGE BOILED BEETS 3 HARD COOKED EGGS
6 ANCHOVIES (CURLED)

CUT beets in halves discarding round ends. Marinate (mix well) in French Dressing (page 12) and chill. Remove the yolks from the eggs and press through a sieve. Chop the egg whites fine. Make a ring of the chopped whites around the edge of each slice of beet. Fill in the center with the egg yolk and place an anchovy on top. Serve each slice on a small crisp lettuce leaf and garnish with Mayonnaise Dressing (page 14).

Stimulates the appetite when served as the first course

DEVILLED EGG SALAD

CELERY AND NUT SALAD

3 CUPS CELERY, CUT IN SMALL PIECES
½ TEASPOON SALT
¼ TEASPOON PAPRIKA
¾ CUP BROKEN NUT MEATS

COMBINE celery, nuts, salt and paprika. Mix with enough Mayonnaise Dressing to hold ingredients together and arrange in small boat-shaped leaves of Romaine. Garnish with Heinz Stuffed Olives and serve with extra Mayonnaise Dressing (page 14).

Pretty—and quickly prepared

CELERY AND RAISIN SALAD

1½ CUPS CELERY, CUT IN PIECES
1½ CUPS RAISINS, CUT IN PIECES
¼ TEASPOON SALT

COMBINE celery, raisins and salt and mix with enough Mayonnaise Dressing to hold ingredients together. Arrange on crisp lettuce leaves and garnish with Mayonnaise Dressing (page 14) and candied or Maraschino cherries.

Healthful food elements combined to make an appetizing salad

CREAM CHEESE AND BAR LE DUC SALAD

MASH two cakes cream cheese and mix to a smooth paste with Mayonnaise Dressing (page 14). Add one-half cup chopped almonds and mix well. Line very small gem pans with this mixture and fill the centers with Bar le Duc or currant jelly. Cover this with more of the cheese mixture. Chill thoroughly. Remove from molds and arrange on crisp heart leaves of lettuce. Serve with Snappy Dressing (page 15).

Rated a delicacy by the sophisticated

DEVILLED EGG SALAD

2 HARD COOKED EGGS
6 TABLESPOONS HEINZ STUFFED OLIVES, CHOPPED
1 TEASPOON SALT
½ TEASPOON PAPRIKA
1 TEASPOON HEINZ WORCESTERSHIRE SAUCE
2 TABLESPOONS HEINZ SWEET PICKLE, CHOPPED

CUT eggs in halves lengthwise. Remove yolks and mash them with a silver fork. Add the olives, pickles, salt, paprika and Worcestershire Sauce. Mix well with Mayonnaise Dressing (page 14) or Cooked Salad Dressing (page 16). Refill the egg whites with this mixture, sprinkle with paprika, and place on watercress or in nests of lettuce leaves. Serve extra salad dressing, if desired.

Takes the place of a meat dish

EASTER SALAD

½ LB. COTTAGE CHEESE
½ TEASPOON SALT
¾ CUP CHOPPED NUTS

MIX the cheese and salt and form into small balls. Roll in chopped nuts. Make nests of shredded lettuce and put three balls in each nest to represent eggs. Garnish with sprays of watercress. Serve with French Dressing (page 12).

Attractive at any season despite its name

EGG AND ANCHOVY SALAD

6 HARD COOKED EGGS
2 TABLESPOONS FINELY CHOPPED CELERY
¼ TEASPOON PAPRIKA
15 ANCHOVIES

CUT eggs in halves, remove yolks and mix with celery, paprika and enough Mayonnaise Dressing (page 14) to moisten well. Mash three or four anchovies to a paste and combine with egg yolk mixture. Refill whites, using pastry bag if possible, and arrange two halves on a bed of watercress or shredded lettuce. Place a whole anchovy on top of each half. Serve with French or Anchovy Dressing (page 13).

A piquant variation of an old favorite

HEART OF PALM SALAD

THE heart of the palm tree, sometimes called Cabbage Palm, is sold in markets of larger cities and towns. When the outside bark has been removed the tender, inner pith is broken into sections for serving. It may be served as a salad, uncooked, or cooked in boiling water and served as a vegetable.

The heart of palm may also be bought canned. Drain off the liquid. Chill thoroughly. Serve on crisp lettuce or Romaine with Summer Dressing (page 13).

An epicurean delicacy for your dinner party

ORANGE AND ONION SALAD

½ TEASPOON SALT
1 TEASPOON SUGAR
1 TABLESPOON VINEGAR
1 CUP ICE WATER
1 BERMUDA ONION
3 ORANGES
⅓ CUP PECANS, BROKEN IN PIECES

MIX salt, sugar, vinegar and ice water. Cut the onion in very thin slices and allow to stand in the ice water mixture for one hour. Peel oranges and slice very thin. Chill.

ORANGE AND ONION SALAD

Arrange slices of onion and orange on crisp lettuce leaves and sprinkle with nuts. Serve with Summer Dressing (page 13).

The onion in new and surprisingly good company

SARDINE SURPRISE SALAD

3 TOMATOES
1 BOX SARDINES
¼ CUP CHOPPED HEINZ STUFFED OLIVES
1 HARD COOKED EGG, CHOPPED FINE

PUT the tomatoes in boiling water for a moment to loosen skins. Peel and put in ice box to chill. Drain oil from sardines. Remove skin and backbone, if necessary. Mash to a paste and add the olives. Moisten slightly with Mayonnaise Dressing (page 14) and spread mixture on thick slices of tomatoes. Sprinkle with the chopped egg. Arrange each slice on a lettuce leaf and serve with Piquante Dressing (page 13).

A good appetizer to precede a summer dinner

STUFFED DATE SALAD

¼ CUP CHOPPED NUTS ¼ CUP CHOPPED CELERY
24 DATES

COMBINE nuts and celery and mix with Mayonnaise Dressing (page 14). Stone dates and fill centers with the nut mixture. Arrange in nests of heart leaves of lettuce. Serve with French Dressing (page 12).

Good to look at and full of nutriment

STUFFED GREEN PEPPER SALAD

2 LARGE GREEN PEPPERS ⅓ CUP MAYONNAISE
2 PACKAGES CREAM CHEESE ¼ CUP CHOPPED PIMIENTO
½ TEASPOON SALT

WASH peppers, cut off tops (chop and reserve for use in filling) and remove seeds. Mash cheese to a paste with the Mayonnaise. Add pimiento, chopped green pepper and salt. Fill peppers with this mixture and chill. Slice thin with sharp knife and arrange on bed of crisp lettuce leaves. Serve with Russian Dressing (page 15).

Tempts both the eye and palate

STUFFED CELERY SALAD

MOISTEN two cups grated American cheese with Mayonnaise Dressing (page 14). Separate stalks of one bunch of celery, wash and chill them. Fill the celery stalks with the cheese mixture and cut in one inch pieces. Make nests of lettuce leaves and pile celery in the centers. Sprinkle with paprika. Serve with French Dressing (page 12).

The celery may be stuffed with Roquefort or cream cheese, mashed to a paste with a little Mayonnaise Dressing.

If you like cheese this will be a treat

STUFFED PRUNE SALAD

STUFFED OLIVE SALAD

1 LARGE BOTTLE HEINZ QUEEN OLIVES
1 CAKE CREAM CHEESE
½ CUP CHOPPED NUTS

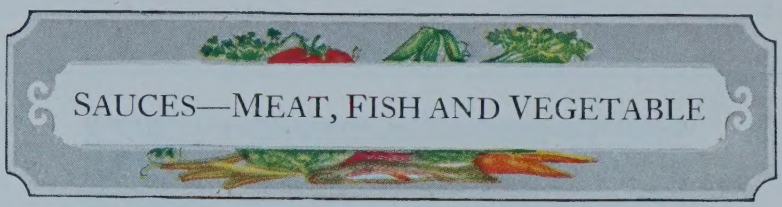
CUT olives in halves lengthwise and remove pits. Chill. Mix cream cheese to a paste with Mayonnaise. Shape into small balls and roll in chopped nuts. Put the cheese balls between the halves of olives and press together slightly. Arrange in nests of crisp lettuce leaves and serve with French Dressing (page 12).

Esteemed a masterpiece by those who like olives

STUFFED PRUNE SALAD

SOAK eighteen large prunes in water over night. Dry with a soft cloth. Remove pits and fill centers with Heinz Peanut Butter. Make nests of crisp lettuce leaves and use three prunes for each portion. Sprinkle with chopped nuts and serve with French Dressing (page 12).

Food for the children—and they like it



SAUCES—MEAT, FISH AND VEGETABLE

A FAMOUS French epicure is quoted as saying, "cooking and roasting can be taught but it takes a genius to make a sauce."

France has always excelled every other country in the art of making sauces. The French people seem to be endowed with certain fine sensibilities of taste which are necessary in order to know, as well as to prepare, flavorsome food. One must be able to blend the ingredients together in such a way as to draw out the desired flavors and to produce a sauce of smooth, even texture.

A well made sauce makes a good meat *perfect* and a poor meat *good*. The French people buy more of the cheaper cuts of meat because they know how to prepare them in delicious ways by using their clever sauce concoctions. This it not only true with meats but also with fish and the less expensive vegetables.

With the following sauces added to her repertory the home cook will be able to moderate foods of too strong flavor, bring out those of delicate, agreeable flavor, and moisten and enrich foods which are rather dry and plain.

CAPER SAUCE

2 TABLESPOONS BUTTER
2 TABLESPOONS FLOUR
½ TEASPOON SALT
⅛ TEASPOON PEPPER
1 CUP STOCK
1½ TABLESPOONS CAPERS

MELT butter, add flour, salt and pepper and stir until well blended. Add stock (water in which the meat has been cooked) gradually and bring to boiling point, stirring constantly. Cook until sauce is thick and smooth. Add capers and serve hot. Excellent with boiled mutton or beef.

CUCUMBER SAUCE, WITH COLD SALMON

CUCUMBER SAUCE

2 LARGE CUCUMBERS
½ TEASPOON SALT
1/16 TEASPOON PEPPER
2 TABLESPOONS HEINZ CIDER VINEGAR

PEEL the cucumbers; chop them and drain off the liquid. Add the salt, pepper and vinegar and mix well. Chill and serve with cold fish.

HORSERADISH SAUCE

1½ TABLESPOONS HEINZ EVAPORATED HORSERADISH
2 TABLESPOONS WATER
½ TEASPOON SALT
⅛ TEASPOON PAPRIKA
½ CUP WHIPPED CREAM
1½ TABLESPOONS HEINZ CIDER VINEGAR
FEW GRAINS CAYENNE

MIX the horseradish and water and let stand ten minutes. Add the vinegar, salt and paprika and let stand five minutes longer. Fold in the whipped cream and serve immediately with slices of hot roast beef.

COCKTAIL SAUCE

½ LEMON
4 TABLESPOONS HEINZ CHILI SAUCE
4 TABLESPOONS HEINZ BEEFSTEAK SAUCE
5 TEASPOONS MAYONNAISE
½ TEASPOON HEINZ WORCESTERSHIRE SAUCE

Serve with oysters, lobsters, crab flakes, etc.

MOCK HOLLANDAISE SAUCE

¼ CUP BUTTER
2 TABLESPOONS FLOUR
1 EGG YOLK
½ TEASPOON SALT
½ CUP HOT WATER
5 TABLESPOONS MAYONNAISE DRESSING
1½ TABLESPOONS HEINZ CIDER VINEGAR

MELT butter, add flour and stir until well blended. Add egg yolk, beaten, salt and hot water. Cook over hot water until thick, stirring constantly. Remove from fire and add Mayonnaise and vinegar. Serve immediately.

Serve with fish and such vegetables as asparagus, cauliflower and artichokes.

MINT SAUCE

¼ CUP CHOPPED MINT
2 TABLESPOONS SUGAR
½ CUP HEINZ CIDER VINEGAR
¼ CUP WATER

WASH the mint leaves and chop fine. Dissolve sugar in the vinegar and water, add the mint and let stand an hour to draw out flavor of mint before serving. Serve with lamb or mutton.

MOCK BEARNAISE SAUCE

TO the Mock Hollandaise Sauce (above) add one and one-half teaspoons chopped parsley and one-half tablespoon Heinz Tarragon Vinegar. Serve hot. Especially good on fish.

MUSTARD SAUCE

¾ TABLESPOON HEINZ PREPARED MUSTARD
1 TEASPOON SUGAR
¼ TEASPOON SALT
¼ CUP BOILING WATER
¼ CUP HEINZ CIDER VINEGAR
1 TABLESPOON HEINZ OLIVE OIL

MIX mustard, sugar and salt with water and add vinegar and oil. Heat and serve with boiled or sautéd fish.

ROMOULADE SAUCE

1 HARD COOKED EGG YOLK
1 RAW EGG YOLK
½ TEASPOON MUSTARD
1¼ TEASPOONS SALT
½ TEASPOON SUGAR
1 TEASPOON CHOPPED PARSLEY
1½ TABLESPOONS HEINZ TARRAGON VINEGAR
2 TABLESPOONS HEINZ CIDER VINEGAR
1 CUP HEINZ OLIVE OIL
1 TABLESPOON CHOPPED HEINZ SOUR GHERKINS

PRESS cooked egg yolk through sieve. Add raw egg yolk, beaten, mustard, salt, sugar and one tablespoon of the mixed vinegars. Stir well. Add oil gradually, beating constantly with a Dover egg beater. As mixture thickens add remainder of vinegar gradually. Add chopped parsley and gherkins last. Serve with sautéd fish.

SPANISH SAUCE

2 TABLESPOONS CHOPPED ONION
2 TABLESPOONS CHOPPED CELERY
1 TABLESPOON CHOPPED GREEN PEPPER
3 TABLESPOONS HEINZ OLIVE OIL
2 CUPS STEWED TOMATOES
1 TEASPOON SALT
⅛ TEASPOON PAPRIKA
FEW GRAINS CAYENNE
¼ CUP CHOPPED HAM
2 TABLESPOONS FLOUR

COOK the onion, celery and green pepper in the olive oil for five minutes. Add the flour and stir until smooth. Add the tomatoes, salt, paprika, cayenne and ham and cook fifteen minutes. Serve with meat loaf.

VINAIGRETTE SAUCE, WITH ASPARAGUS

VINAIGRETTE SAUCE

1½ TEASPOONS SALT
¼ TEASPOON PAPRIKA
1/16 TEASPOON PEPPER
1½ TABLESPOONS HEINZ TARRAGON VINEGAR
3 TABLESPOONS HEINZ CIDER VINEGAR
½ CUP HEINZ OLIVE OIL
1 TABLESPOON CHOPPED HEINZ SOUR GHERKINS
1 TABLESPOON CHOPPED GREEN PEPPER
1 TABLESPOON CHOPPED PARSLEY
1 TABLESPOON CHOPPED ONION (OR CHIVES)

MIX the salt, paprika, pepper, vinegar and oil and beat well with a Dover egg beater. Add chopped gherkins, green pepper, parsley and onion. Serve with cold fish or with vegetables. This is particularly good with cold asparagus and tomatoes.

SANDWICHES

WHEN salads are served as the main course of a luncheon or supper, or for an afternoon bridge or evening party, sandwiches are the most popular accompaniment. There is opportunity for great variation in sandwich making and many of the Heinz Products make delicious and appetizing combinations.

The bread for sandwiches should be cut very thin and spread lightly with softened butter. If the crusts are removed the sandwiches will be more dainty, but they may be left on for the more hearty sandwiches suitable for picnics and the school lunch box.

The spread, or filling, may be prepared beforehand and the sandwiches made up at the last moment or, as is usually more convenient, they may be made up two or three hours before serving and kept fresh by covering them with a clean, damp napkin.

Sandwiches cut in fancy shapes, such as hearts, diamonds and so forth, are especially attractive for bridge parties and afternoon teas. Cooky cutters in the form of animals may be used for cutting sandwiches for the children's party.

BAKED BEAN SANDWICH

DRAIN the liquid from one can of Heinz Boston Style Baked Beans. Mash with a fork and moisten with Heinz Chili Sauce. Spread between thin slices of buttered bread. Remove crusts and cut in halves diagonally.

Serve with plain green salads, such as Lettuce Salad, Watercress Salad, Romaine Salad and Cabbage Salad.

PEANUT BUTTER SANDWICH

CUT bread in thin slices and remove the crusts. Butter the slices. Spread one slice with Heinz Peanut Butter and the other with Heinz Currant Jelly. Put the two slices together. Cut in halves or fancy shapes.

Serve with fruit salads, such as Banana Salad, Brazilian Salad, Waldorf Salad and Celery and Nut Salad.

INDIA RELISH SANDWICH

1 CUP CHOPPED COOKED HAM
1 CHOPPED HARD COOKED EGG
1 TABLESPOON HEINZ STUFFED OLIVES, CHOPPED
3 TABLESPOONS HEINZ INDIA RELISH
2 TABLESPOONS MAYONNAISE DRESSING

MIX ham, egg, relish and olives together. Moisten with Mayonnaise Dressing. Cut bread in thin slices and remove the crusts. Butter the slices and spread them with the ham mixture. Cut in halves or fancy shapes.

Serve with vegetable salads, such as Lima Bean Salad, Macedoine Salad, Onion Salad and Potato Salad.

SNAPPY SANDWICH

3 TABLESPOONS BUTTER
½ CUP GRATED CHEESE
1 TEASPOON HEINZ PREPARED MUSTARD
⅛ TEASPOON PAPRIKA
1 TEASPOON HEINZ TARRAGON VINEGAR
2 TEASPOONS ANCHOVY PASTE
2 TABLESPOONS CHOPPED HEINZ STUFFED OLIVES

CREAM butter and cheese together. Add mustard, vinegar, anchovy, olives and paprika. Cut the bread in thin slices and remove the crusts. Butter the slices and put them together with the cheese mixture. Cut in halves or fancy shapes.

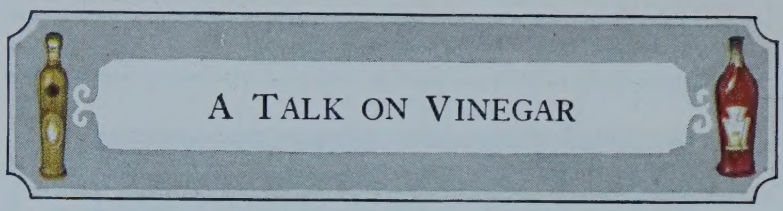
Serve with plain green salads, Molded Chicken Salad, Crab Meat Salad and Stuffed Tomato Salad.

57 SPECIAL SANDWICH

57 SPECIAL SANDWICH

½ JAR HEINZ MAYONNAISE
2 TABLESPOONS SWEET PICKLES, CHOPPED
2 TABLESPOONS STUFFED OLIVES, CHOPPED
2 TABLESPOONS DILL PICKLES, CHOPPED
3 TABLESPOONS CHOW-CHOW PICKLES, CHOPPED
1 SMALL JAR SWEET MUSTARD PICKLES, CHOPPED
1 TEASPOON HEINZ WORCESTERSHIRE SAUCE
3 TABLESPOONS CHOPPED HAM (or any kind of left over meat)
¼ TEASPOON SALT
¼ TEASPOON SUGAR
FEW GRAINS PEPPER

Mix ingredients thoroughly and spread between slices of buttered bread. Cut in halves or fancy shapes.



A Talk on Vinegar

EVERY one knows that the coffee you can buy for twenty-eight cents a pound is not the same as fifty-cent coffee. Each is an entirely different coffee. Each has its own taste. In each case you get just what you pay for. And in the same sense that coffee is not coffee, tea not tea, bacon not bacon, eggs not eggs, *vinegar is not just vinegar.* It is a flavor.

If all vinegars were alike, if they were just a sour taste, it might be all right to go to your grocer and buy a bottle (any brand, or none at all) without thinking about what you were getting.

Heinz vinegar has a distinct bouquet of its own. It has the property of bringing out the best in other foods. Upon this fact depends its desirability and efficiency. And because the best vinegar has such a delicate flavor of its own, it is important for you to know that there are many ways of varying the materials, manufacture and quality of vinegar.

Here, for example, are some of the things the name of Heinz Pure Cider Vinegar stands for—reasons why, when buying vinegar, you should always ask for Heinz:

The use of the spicy and aromatic Baldwins, Greenings, Northern Spies, Kings, Russets and other varieties of apples from Michigan and Western New York State, and other localities where they grow best, for the apple cider:

The use of the juice of the *whole apple* for making the cider vinegar. (So-called cider vinegar is sometimes made from cores and peelings, and then "reduced" with water):

The fermentation of the juice by natural means in sealed storage tanks huge enough to insure perfect results:

The allowance of from six to eighteen months for the maturing process:

Long aging in wood to insure the utmost of brilliance, clarity, flavor and aroma in the vinegar.

These expensive precautions are by no means universal among manufacturers of vinegar. None of them is absolutely necessary, indeed, to produce vinegar of a sort, but *all* of them are necessary to make Heinz Pure Cider Vinegar.

While cider vinegar is the most popular vinegar in the United States, this is due more to habits fixed by the old Colonial conditions, when apples were the only plentiful source of vinegar, than to a distinct superiority. Heinz makes three other kinds of vinegar—Malt, Distilled White, and Tarragon, and recommends Heinz Malt Vinegar especially as a table vinegar. This vinegar, brewed from choice barley malt, clarified and aged after the manner of the best wines, has a rich brown color and a delicious aromatic flavor. Heinz has been almost alone in introducing this type of vinegar to America and Heinz Malt Vinegar, you may be sure, comes up to the standard of quality which people everywhere associate with the name of Heinz.

For pickling and making preserves use Heinz Distilled White Vinegar, a cereal vinegar made from corn, rye and barley malt. It has a special flavor of its own and a clear superiority over all fruit vinegars in this respect as it is entirely free from the fruit solids which can never be completely removed from cider vinegar.

Heinz Tarragon Vinegar gets its name and taste from the spicy garden herb of tarragon. It can do magic things to what otherwise would be just an average, ordinary salad. Try it some time!

All the Heinz Vinegars represent that extra solicitude about methods and materials, purity, strength and wholesomeness which is characteristic of the Heinz 57 Varieties.

This naturally suggests that since you buy comparatively little vinegar in a year for table use, you should have the best.

It costs more to make Heinz Vinegars. It takes longer—much longer. The difference in price is only a few cents per bottle and in actual use they are more economical. You use less because they are so superb in flavor, aroma and strength. They appeal to your palate and pocketbook at the same time.

A WORD OF CAUTION

Regarding Your Salad Materials

IT is important for you to bear in mind, as you work out the recipe suggestions in this book, that all the salads described here are based upon the use of Heinz ingredients whenever the materials Heinz makes are called for.

The quantities are all based upon the known strength of the Heinz foods. Substitution of ingredients not specified here would in many cases throw off the results completely. The same is true, of course, of the flavors of many of the salads and dressings in which Heinz materials are prescribed in order to produce an effect of special delicacy. So, whether it is a question of strength, or purity, or merely delicious taste, the Heinz products invariably have just the qualities necessary to make these salads as successful in your own home as they were in the kitchens of the dietetic experts who made this book.

Check over this list and see what you need to stock your pantry completely with the Heinz salad materials.

The 16 Heinz Products
Called for in These Salad Recipes

HEINZ PURE OLIVE OIL

THE rich golden liquid you see in the Heinz Pure Olive Oil bottles and tins has a pedigree that goes clear back to the fertile olive groves of Seville, Spain. A Heinz plant is located right there, where the world's choicest olives grow, so that the ripened olives, fresh from the trees, can be pressed the same day they are gathered. Only the first light pressing is used for Heinz Olive Oil. Use it frequently and liberally as a salad oil, and for any appetizing relish you may use to garnish the meal.

Heinz Vinegar

It is so important to distinguish between ordinary vinegar and Heinz Vinegar that a special chapter in this book is devoted to the subject. It begins on page 78.

Heinz Peanut Butter

Heinz Peanut Butter is particularly high in food value. It is a smooth, moist mixture of choice roasted ground peanuts, of varieties blended to secure a distinctive and uniform quality. Such infinite care is taken with this Peanut Butter that Heinz actually removes the bitter little heart-shaped point from every peanut just to improve the flavor!

Heinz Preserved Sweet Pickles

The secret of Heinz Preserved Sweet Midget Gherkins lies in catching them young and popping them promptly into the pickling process. After thorough curing under careful control the pickles are placed in a rich, spiced, sweetened vinegar. The spiciness and sweetness thoroughly permeate them, keeping them particularly crisp, tender and rich in flavor. The Heinz Preserved Sweet Gherkins, like the Midgets, are tender and thin-skinned. These qualities are bred into them. Heinz even raises the seed from which they grow.

Heinz Extra Spiced Sour Pickles

The difference between a Heinz Preserved Sweet Gherkin and a sour one is only a matter of taste. Both probably came out of the same patch, but the sour gherkins are preserved in Heinz extra spiced, unsweetened vinegar. They have the distinctive flavor of the famous Heinz White Pickling Vinegar, which was first made exclusively for these pickles and finally put on the market in response to a definite demand.

The Heinz Chow Chow Pickle is one of those fascinating mixtures, like a Frenchman's stew, which seems to have a whole vegetable garden in it. The bath of mustard, vinegar, curry and spices is one of Heinz' own dressings, and accounts for the smooth aromatic flavor of the chow.

Heinz Queen Olives

The true queen olive, the choicest of all olives, can be grown only in a small district around the romantic old Moorish city of Seville in Spain. (Heinz Olive Oil comes from there, too.) Right on the spot is a modern Heinz plant, commanding the best of the supply of queen olives. So carefully are Heinz olives watched and sorted that it is no idle boast to say that no imperfect or undersized olive ever gets into a Heinz bottle.

Heinz Tomato Ketchup

Every step in the making of Heinz Tomato Ketchup is a Heinz step. The seeds are selected from finest Heinz tomatoes. The plants are raised in Heinz greenhouses and the tomatoes grown under Heinz supervision. When the tomatoes reach an exact point of ripeness they are picked, inspected, and delivered promptly to the Heinz kitchens. They are then re-inspected, washed, flavored with choicest spices and transformed into good old-fashioned Tomato Ketchup—the kind that has all the natural color and flavor of the tomato.

Heinz Chili Sauce

A near relative of Heinz Tomato Ketchup, prepared from choice, red-ripe, whole tomatoes, hand peeled, with appropriate spices and seasoning. Use it as this book directs for salads and as a relish for meats, fish and game.

Heinz Worcestershire Sauce

A famous old English sauce which Heinz makes so well that the English themselves buy it freely.

Heinz Prepared Mustard

Like all condiments, Heinz Mustard has only one reason for existence—its own flavor, which tastes good and makes other foods taste better. Heinz never forgets this fact, and Heinz Prepared Mustard, prepared from the choicest mustard seeds with Heinz White Pickling Vinegar, has all the distinction of the Continental art of cuisine.

Heinz India Relish

Named for that Oriental country where the enjoyment of the good things of life is made a fine art, Heinz India Relish consists of a mellow blending of vegetables and aromatics, finely chopped and moistened with a spicy liquor.

Heinz Evaporated Horseradish

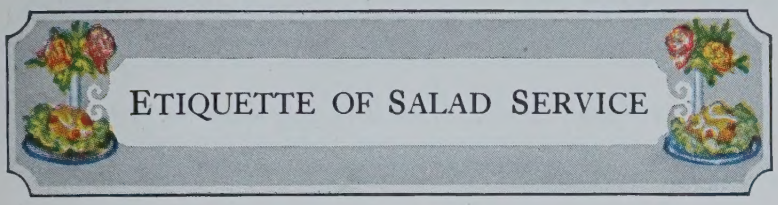
Horseradish has long been known as a piquant, appetizing condiment. However, its enjoyment has been largely seasonal and limited by its poor keeping qualities when made by the old fashioned method from fresh horseradish mixed with vinegar. Heinz Evaporated Horseradish makes this delicious sauce available to everyone at any time of year. It is made from specially cultivated horseradish roots from which the moisture has been taken. It is then grated and packed in convenient sized bottles. It will keep in any climate. It can be prepared in a few moments by just mixing with water or milk as directed on the bottle.

Heinz Pepper Sauce

It is the subtle chemistry of small peppers (either red or green) immersed in Heinz White Vinegar that produces this appetizer. Always keep the peppers under the liquid. By adding a little of the vinegar from time to time you can make a bottle of Heinz Pepper Sauce last indefinitely.

Heinz Beefsteak Sauce

The chief reason Continental cooking is so famous is because the Europeans know the secrets of savors, relishes and condiments. Although no more wholesome than our cooking, their dishes always seem to have delightful individuality. That is one reason why there are so many Heinz relishes. Heinz Beefsteak Sauce, for instance, has a tang which distinguishes it from say—the Worcestershire Sauce and the Pepper Sauces. Use them all, however, for that makes multiplied distinctions in your cookery.



ETIQUETTE OF SALAD SERVICE

DEPENDING upon the kind of meal, salads may be served as the main course, as a separate course following the main course, or as an accompaniment to the main course.

Those best suited to take the place of a main dish are meat, meat "substitutes," fish and certain substantial vegetable salads.

For the luncheon or supper at which salad is to be the main dish it may either be served from the pantry on individual plates or arranged in a salad bowl or on a platter which will be passed to each person. When you follow the last method arrange the lettuce in individual nests by fitting two or three leaves together, stem ends toward the center. Fill the nests with the salad mixture and garnish harmoniously. In this way each person can easily serve himself with the aid of a large spoon and fork. For buffet suppers this manner of serving is very convenient.

If the salad is to be a *separate* course at luncheon or dinner choose one which is not too heavy to go with the rest of the meal. Everything pertaining to the former course should be removed from the table before the salad is served. Then place the individual salad plate directly in front of each person. Salads made of acid fruits or light vegetables, as well as the plain greens, are appropriate to serve in this way. Use the lighter, slightly acid dressings whenever a heavy meat course has preceded the salad course—Mayonnaise is too rich to accompany a hearty meal.

In general only green salads, served with a simple, rather tart dressing should accompany hot meats and fish. They should be placed at the left of the dinner plate after the hot

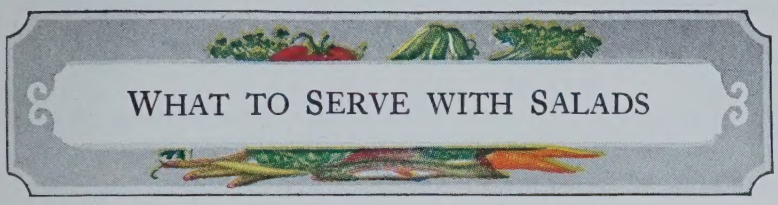
foods have been served. The dressing may be put on the salad *immediately before* serving or it may be passed after the salad is placed.

Crisp crackers are also passed at this time.

Sometimes the hostess prefers to serve her salad at the table. A pretty way to do this is to line a deep salad bowl with the crisp salad greens and mound up the other ingredients in the center. The hostess serves the salad from the bowl to the individual plates.

Molded salads are especially attractive to serve from the table as a prettily garnished mold is extremely decorative.

The etiquette of salad service means knowing what kind of salad to serve with certain foods and what type of dressing is best suited to that salad. It means serving the salad as daintily as possible and in such a way as to make the service simple and convenient for the person being served.



WHAT TO SERVE WITH SALADS

CRACKERS. Crackers appropriate to serve with salads can be bought in considerable variety at any good grocery store. Heat before serving so that they will be fresh and crisp.

Toasted Crackers are one of the simplest accompaniments to the salad course. Use saltines or any thin, unsweetened wafer; spread with butter and sprinkle with paprika. Lay on a shallow pan and place in a hot oven until crisp and slightly browned.

BREAD STICKS AND RING. Cut several slices of bread about one-half inch thick, remove the crust, and cut into strips one-half inch wide. With a round jumble or doughnut cutter cut rings from six other slices of bread. Fry sticks and rings in deep fat or brown them in a pan with a little butter in a hot oven. Put one or two sticks through each ring before serving.

CHEESE STRAWS. Roll a little grated cheese into some pastry dough (if you have some left over from a pie so much the better). Cut into strips with a sharp knife or pastry wheel. Bake in a very hot oven (500° F.).

CHEESE BISCUITS. To the flour and other dry ingredients of a plain baking powder biscuit mixture add some grated cheese. Add enough liquid to make a soft dough, roll lightly and cut with a tiny biscuit cutter. Bake in a quick oven (450° F.) and serve hot.

FINGER ROLLS. Bread dough, after the first rising, may be shaped into tiny rolls about as thick around as a lead pencil, and as long as a finger. Let rise again and bake in a quick oven (400 to 425° F.). In some towns and cities very delicious finger rolls can be bought at the bakery.

SANDWICHES. To serve with salads for afternoon parties or evening receptions dainty bread and butter sandwiches are always appropriate. (See Sandwich Recipes, page 75)

CHEESES. Cheese is one of the best accompaniments to salad because of its dietary value. It is rich in the elements salads lack and therefore when the two foods are served together they make an almost complete meal.

Rather sharp, tasty cheeses are the most suitable, Roquefort heading the list in popularity. Snappy and Pimiento cream cheese come next. The ordinary store or American Club is well liked, especially when grated, highly seasoned, and made into cheese balls to serve on the side of the salad plate. Or it may be sprinkled over crackers to be browned in a hot oven.

The less common varieties such as Pineapple, Edam, Gruyère, Gorgonzola and Port de Salut are, for the most part, imported. Served with crisp crackers they are "just right" with the dinner salad.

Cheese should be passed to each person after the salad is served except when it is made into balls and placed on the individual salad plates. As crackers usually accompany cheese a special serving plate, which has a place for both crackers and cheese, is frequently used.

GARNISHES FOR SALADS

EVERY experienced homemaker knows that her family "eat with their eyes" almost as much as with their sense of taste. The garnishes described here are simple, but they make salads positively irresistible.

CURLED CELERY is such a pretty and effective garnish for salads that it is quite worth the small amount of trouble it costs. Cut the inner stalks into three or four inch pieces. With a sharp knife split each piece down into thin strips, stopping within an inch of the end. Drop into ice water and as they become chilled the thin strips will curl up.

RADISH ROSES are easy to make and very decorative. Trim off all but an inch of the stem. Cut off the root and with a sharp knife cut down from the tip toward the stem end so that the red outside covering stands out like the petals of a flower. Drop the radishes into ice water and after an hour or two the petals will curl back slightly.

PICKLE FANS go well with a fish or potato salad. Use Heinz Sweet Gherkins, cutting very thin parallel sections almost the length of the pickle. Then carefully spread out the sections like a fan.

GREEN OR RED PEPPER RINGS. Cut a slice from the top of a fresh pepper and remove seeds and partitions. Slice crosswise, making rings as wide as desired. These rings may be used to hold together stalks of asparagus, whole string beans and so forth, or if cut quite wide they will serve as cups to hold Mayonnaise dressing.

Olives, capers, pimientos, slices of hard cooked egg or beets cut in fancy shapes add color and variety to almost any salad.

Slices of a cucumber which has been peeled, scratched lengthwise with the prongs of a fork and sliced very thin are a particularly appropriate garnish for fish salads.

EQUIPMENT FOR SALAD MAKING

IF salads are going to play the important part they should in our diet it will mean two salads for the housewife to plan and prepare every day. This is not nearly as difficult as it sounds for there are short cuts that make salad preparation easy, as well as numerous pieces of inexpensive equipment that cut down time and labor.

Fresh crisp salad greens and a delicious dressing can be ready in "no time" if they are kept on ice or in a cool place. A lettuce bag or wire basket holds the fresh, washed greens and a preserve jar or Chili sauce bottle is just right for the supply of French Dressing. Shake it thoroughly just before serving.

The utensils in the following list simplify salad making so greatly that you will have no trouble in giving interest and variety to your meals. We need not have the same salad every day, or even in the same week, for there are many innovations and tempting combinations which make frequent repetition unnecessary. Even a familiar garnish cut in a new way makes an "old timer" take a new lease on life. Try the Julienne knife on the plebeian carrot, or the French vegetable scoop on the oft-abused potato and see how they are lifted from the plane of the commonplace to the realm of fine art.

EQUIPMENT

MAYONNAISE MIXER. Although not an essential part of one's salad equipment a Mayonnaise mixer is very convenient. The oil drops through a funnel and can be regulated

to flow either fast or slow as desired. It costs about two dollars.

Egg Beater. Almost everyone has an egg beater in her kitchen and certainly several bowls. When the ingredients for Mayonnaise are mixed in a small bowl and beaten in the usual way the same results are accomplished as with the Mayonnaise mixer, but a little more patience and skill are required.

Silver Fork and Plate. Some prefer to make Mayonnaise with a silver fork, or wire whisk, in a shallow bowl or platter. This method takes slightly longer than the egg beater method but gives very satisfactory results.

Measuring Cup and Spoons. To make perfect salad dressings one must use accurate measurements. A set of measuring spoons and a standard measuring cup can be bought at the ten cent store and will save many a failure.

Egg Slicer. Hard cooked eggs used for garnishing salads or as part of the salad itself may be cut without waste with this little cutter which costs ten cents.

Roller Mincer. Not only will you find this little implement a great help in chopping ingredients such as onions, celery and peppers for salad dressing but you will grow to depend on it for mincing parsley to be used in the hundred and one ways this pretty garnish is needed in cookery.

French Dressing Jar. Put the ingredients for French Dressing into a jar or bottle with a tightly fitting top, and keep it in the ice box. You will find it very convenient always to have a supply of dressing on hand. Just before serving shake the contents of the bottle well to blend the oil and vinegar.

Fancy Cutters. A French Vegetable Scoop comes in a variety of sizes and costs about twenty-five cents. It is

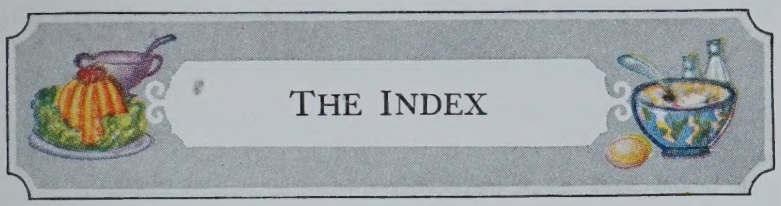
used for cutting small balls out of certain fruits and vegetables for salads, cocktails and so forth.

The Julienne Knife cuts vegetables into long, thin strips. It is particularly good for preparing a mixed vegetable or Macedoine salad, and for cutting garnishes from red and green peppers.

Small Vegetable Cutters come in sets of twelve, costing about fifty cents. With them slices of beet, carrot, peppers and so forth may be cut into fancy shapes to make artistic garnishes for salads.

Lettuce Basket. A wire basket in which to place the washed salad greens for drainage and for storage in the ice box costs about one dollar.

Lettuce Bag. From a half yard square of cheese-cloth a bag can be made which is fine for keeping lettuce in the refrigerator. It should be washed and aired frequently to keep it perfectly sweet and clean.



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HEINZ
CHILI
SAUCE
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H.J.HEINZ COMPANY
HEINZ
MAYONNAISE
SALAD DRESSING
HEINZ
PURE
OLIVE OIL
HEINZ
SOUR SPICED
GHERKINS
FREE FROM
BENZOATE OF SODA

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